



Children of Sai
Walk with values



**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



Om Sri Sairam,

Offering this humble endeavor at the lotus Feet of our Beloved Bhagawan Sri Sathya Sai Baba.

Respected elders, aunties, uncles, dear brothers and sisters, loving Sairams to each and every one of you.

The SSE Journal is a compilation of artwork, poems, stories, experiences, and value-based games, submitted by SSE children of all ages from across Region 3. We hope it will serve as a source of inspiration, and as a way to connect and share our learnings and experiences with the region.

The SSE students of Region 3 would like to extend our heartfelt gratitude to our parents and teachers, who have shared Swami's teachings with us.

Thank you to all those who have submitted entries for the Retreat Edition of the Journal. Please submit entries, comments, and questions to:

ssejournal@sairegion3.org

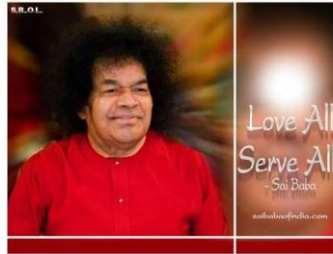
Sairam, and Happy Reading!

- SSE Journal Team

**Hands that help
are holier
than lips that
pray.
- Sai Baba**

SBOI

SSE children's
Love all serve all initiatives



Today (Saturday) we went to Fowler Park to go biking. When we were on the trail a family asked us whether we had seen a lost dog(Sunny)with a red collar. We all said "no" .. I felt sad for the lost dog and it's owners. I was determined to help them and kept on looking just in case we found Sunny .. After that mommy, daddy, and Sannu went to the play ground. When we were there Me and my uncle found the owner and asked her what the dog breed was, its name and the lady's contact number. Me and my uncle continued walked on the trail. I prayed very hard to the little puppy's angels. Immediately I heard a sound in the woods, I knew it was sunny. I screamed out " I found sunny" and the owners came running. I was extremely happy, the little puppy was safe finally. The family was so happy and thrilled. They had the biggest smile ever. This shows the power of love is very strong. I was joyful that I am able to practice this value of "love" and help others. I also got a thank you message from the owners. Sairam!!

Charishma watering the plants as part of her daily task. Practicing vegetarianism to show love for mother Earth and animals.



Akshaj and Srihan made a recycle bin for SSE class to express love for Mother earth.



Amiti's love
for her
mom and
for
mother
Earth.



Sarayu loving mother earth by
watering plants and recycling.



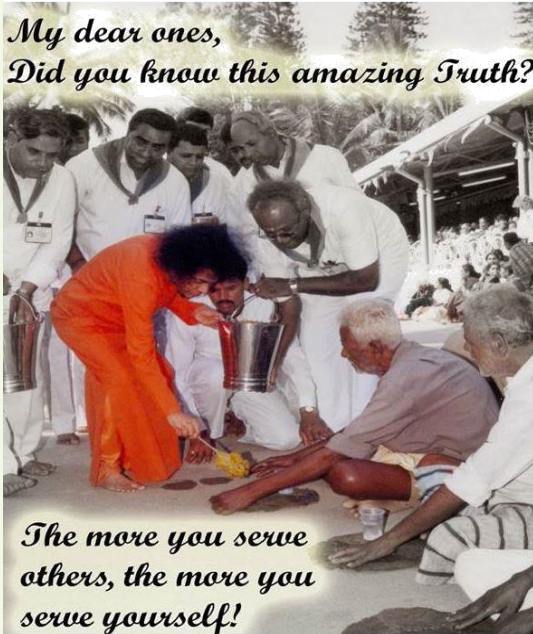
Pranavi serving breakfast at
women's shelter



Akhil participated in service activity to practice
"Love all serve all"



*My dear ones,
Did you know this amazing Truth?*



*The more you serve
others, the more you
serve yourself!*



Love All Serve All



Children from St.Thomas Sai center participated in a seva activity – packing gift bags for senior homes





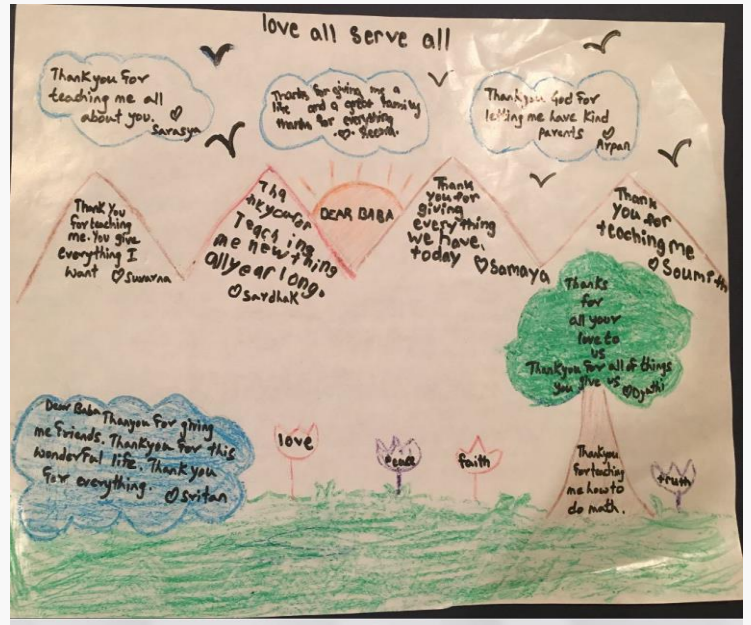
“Love Nature” - Group 1,
North Atlanta

“Kindness Tree” - Dhruv,
Srihar, Advaith, Sahasra,
Anish, Sanvi, Ishan

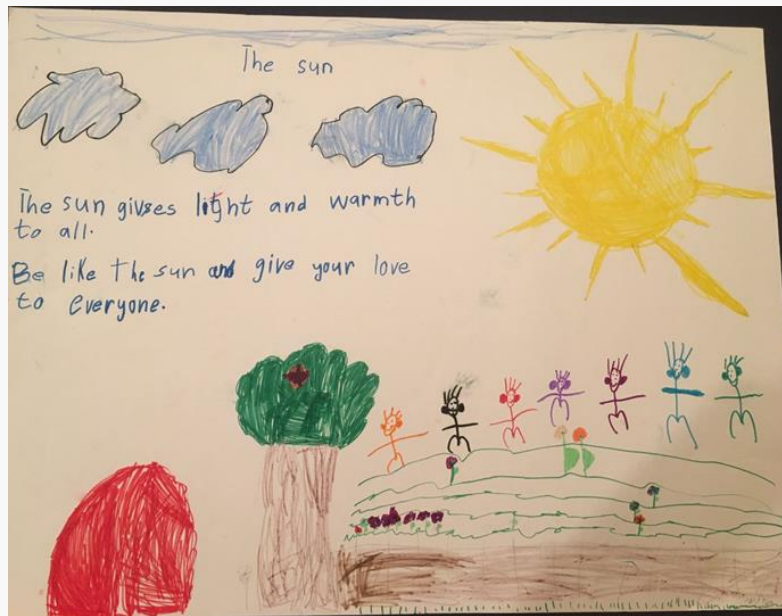
-Pre SSE, North Atlanta



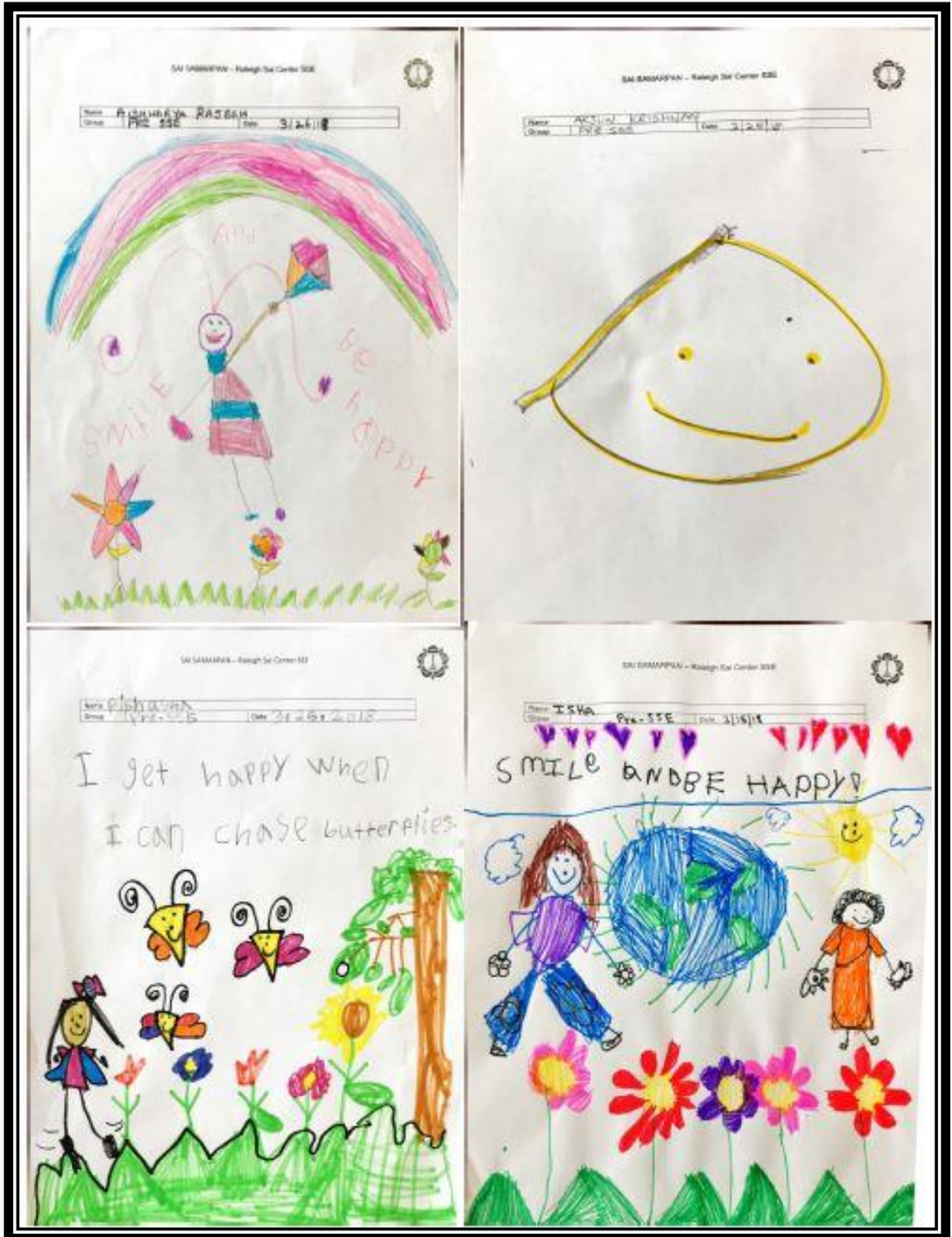
Do good
See good
and be good
this the way to
God
With love
Pankh
1.1.87



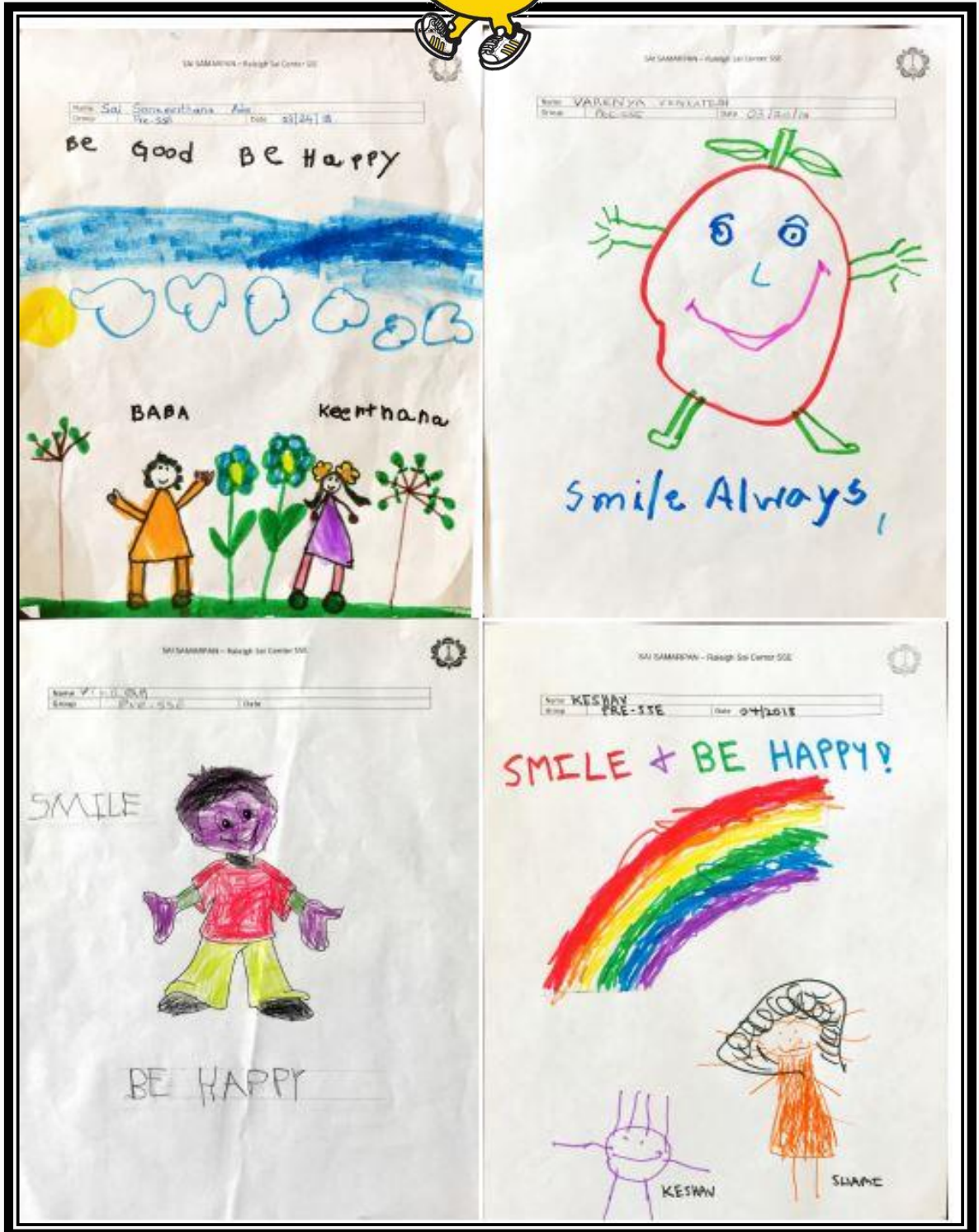
“Love All Serve all”
- Group 1, North Atlanta



Be like the SUN and give your love to everyone
Group 1, North Atlanta



Smile please...



BEE HAPPY

SAI SAMARPAN - Raleigh Sai Center SSE

Name: Keerthi
Group: Pre-SSC Date: 03/05/2018

SAI SAMARPAN - Raleigh Sai Center SSE

Name: Keerthi Meka
Group: Pre-SSC Date: 03/05/2018

Always be Happy Happy

Keerthi

I love Swamy

SAI SAMARPAN - Raleigh Sai Center SSE

Name: NAVJIT SAH TANKAIA
Group: Pre-SSC Date: 3-28-18

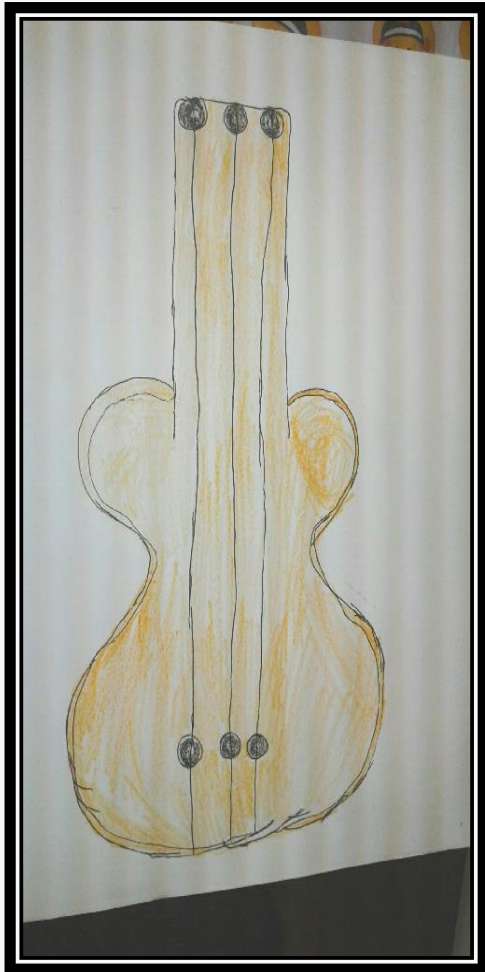
Smile and be Happy

Smile HAPPY

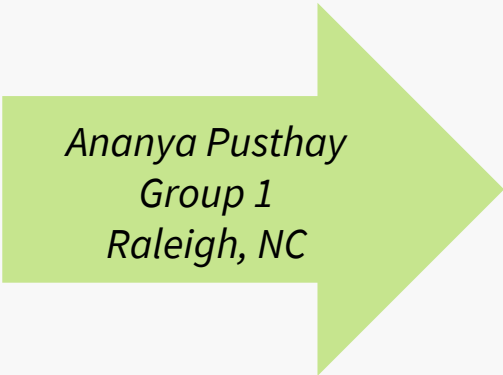
SAI SAMARPAN - Raleigh Sai Center SSE

Name: R. Dhyan
Group: Pre-SSC Date:





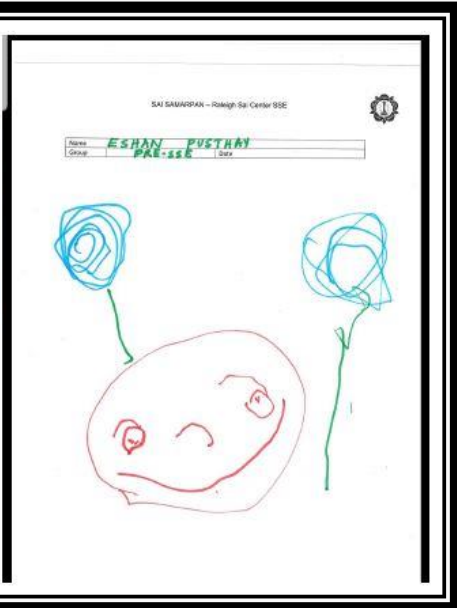
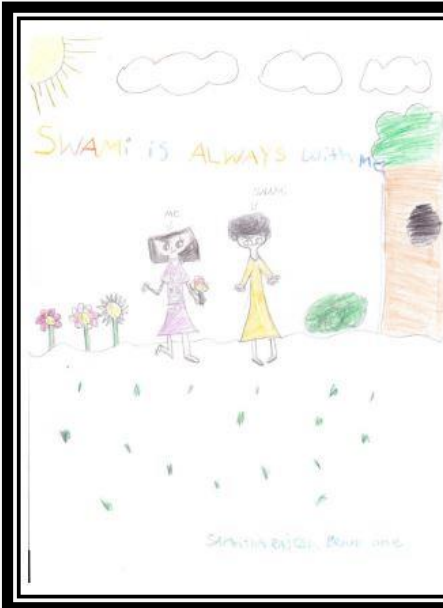
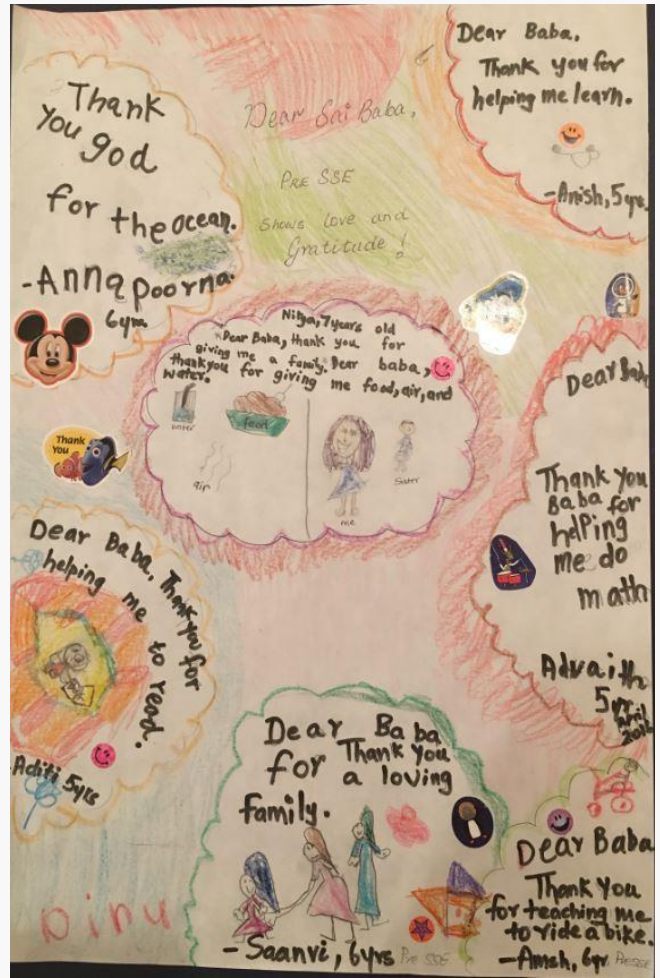
Mahalakshmi
Group 1
Orlando Sai Center





Group 1, North Atlanta

"Swami is always with me"
Pre-SSE
Raleigh Sai Center



WATCH



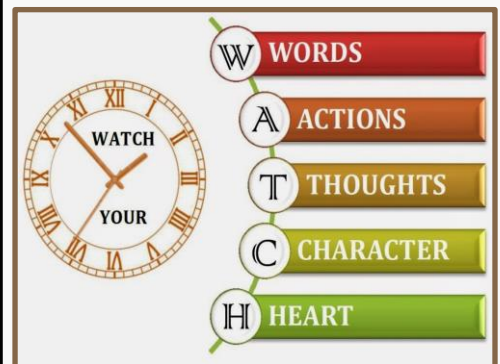
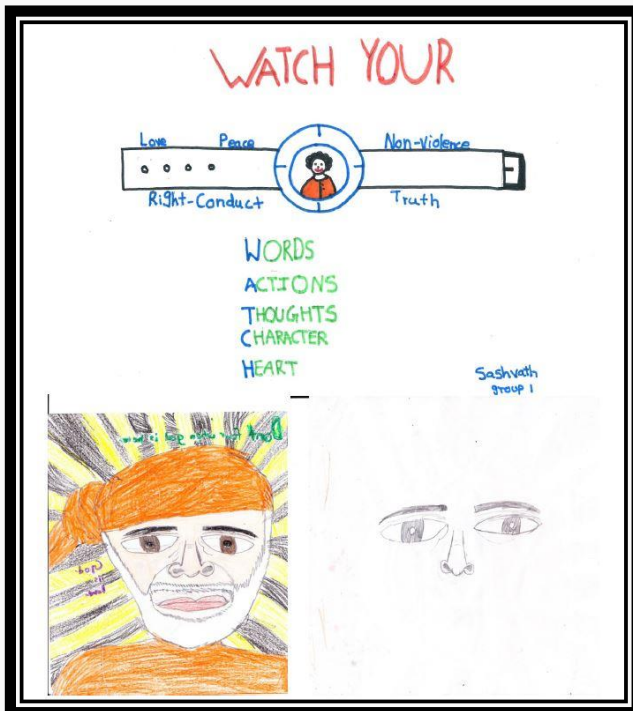
In group 1 one thing we learnt about is the WATCH. It is not an ordinary watch we wear on our hand. It is something special. We need to follow each of the letter in the word WATCH carefully.

- W stands for watch your words,
- A stands for watch your actions,
- T stands for watch your thoughts,
- C stands for watch your character
- H stands for watch your heart.

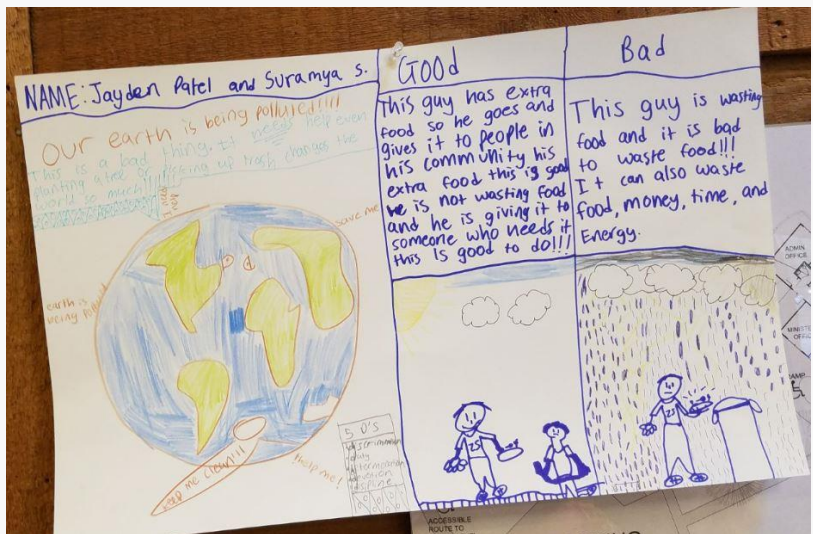
By the special WATCH that Swami made, made me a better person and my mother told me I was acting good. Before I used to be scared of the dark, now having felt the presence of Baba everywhere, I'm not scared of the dark now. Thank You Swami for always being with me.

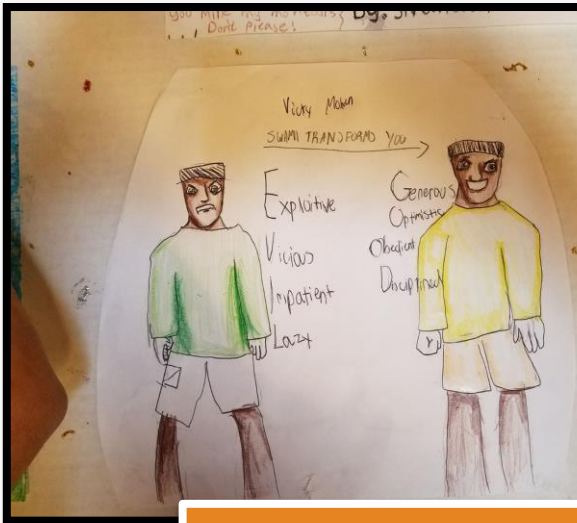
JAI SAIRAM

-Sai Saanvi Ade
Group 1 SSE



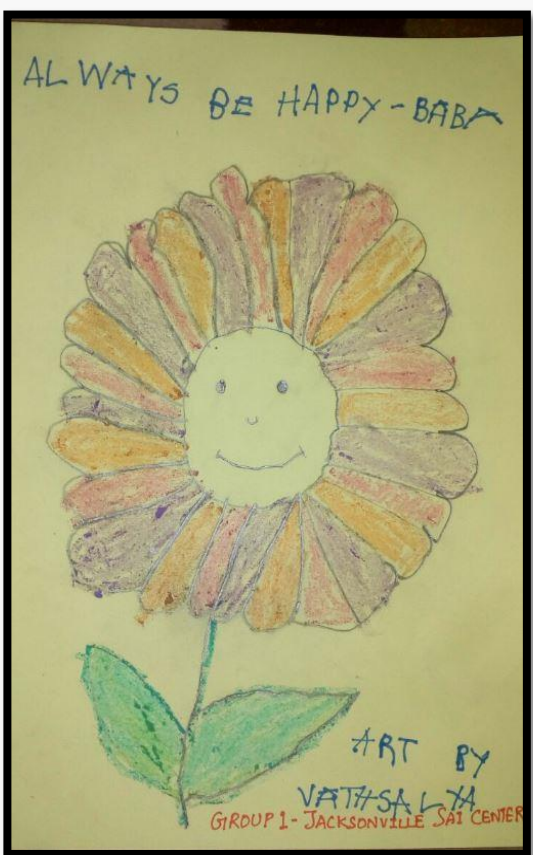
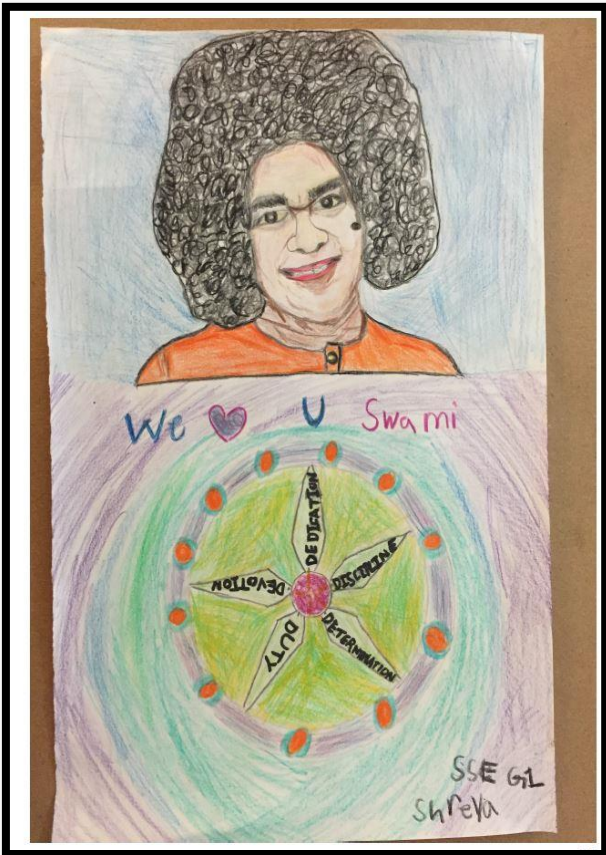
Group 2, Atlanta





Group 2, Atlanta

Love All Serve All

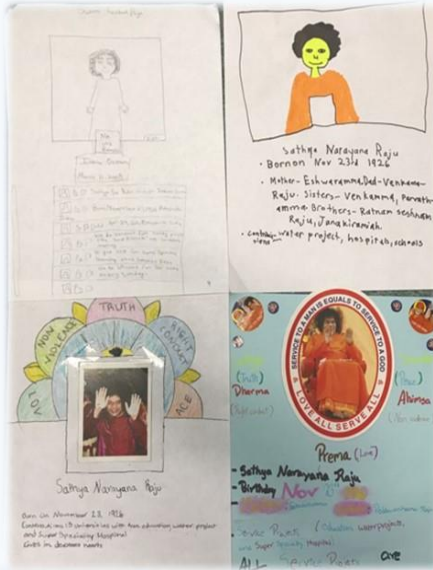




Stay connected

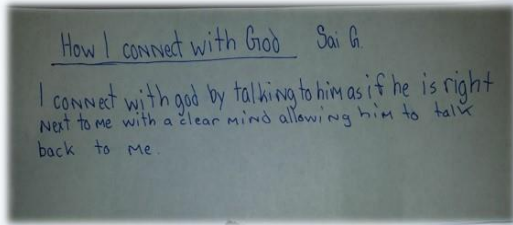
Swami's Facebook

Charlotte Sai Center Group 2



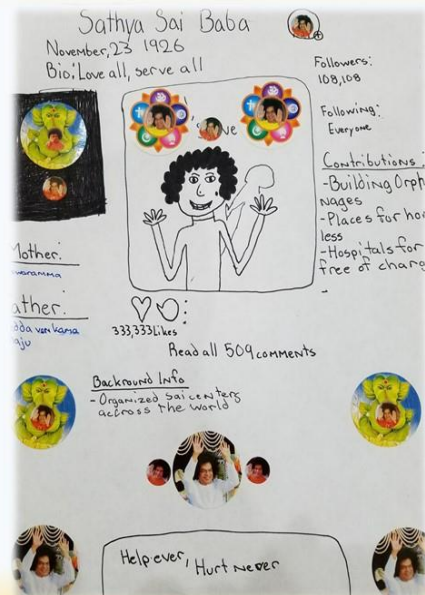
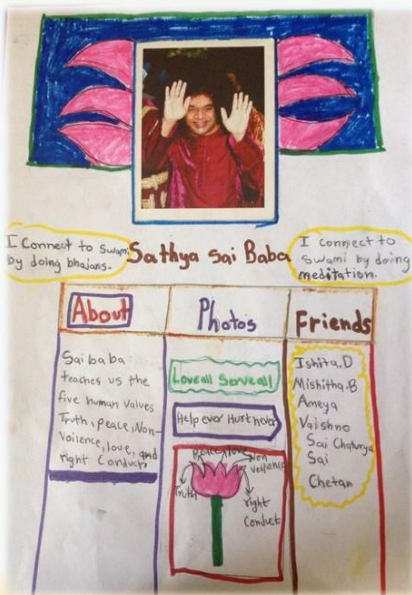
Children, thought of an idea how would a Facebook look like if swami were to make his own

Children & SSE teachers came up with this idea and children enjoyed experiencing swami



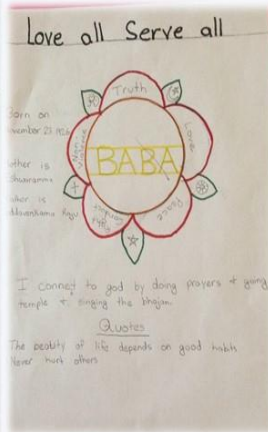
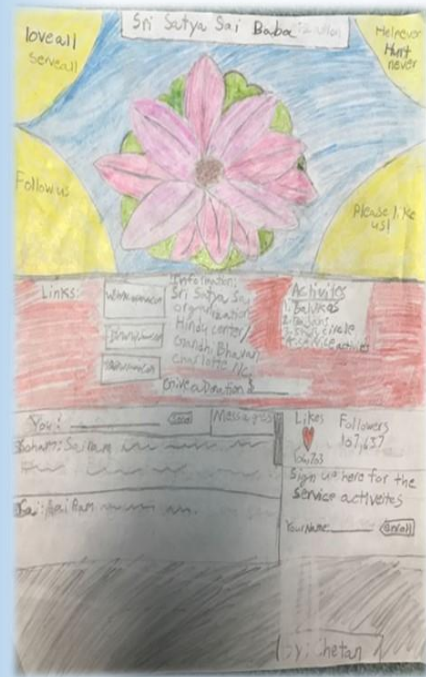
Swami's Facebook

Charlotte Sai Center Group 2



Swami's Facebook

Charlotte Sai Center Group 2

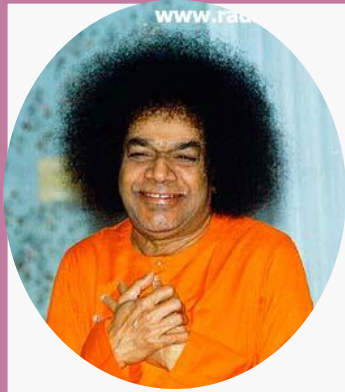


All you need is a Heart 2 Heart connection

Follow me



Expressions from the Heart



Finding The God Within

*If you want to find Sai Baba,
Look into your heart,
God is always with you,
From the very start.*

*-Sharanya Gande,
Group 2, Tampa Bay*

Our Swami

*One with the orange robe
One with the greatest heart
Residing in every single being
'till the end and from the start
You need not ask, he's always there,
With all his love and his care,
Pray with the utmost reverence,
And he might just make an appearance,
Your heart will fill with his amazing grace,
You may not see his form in any place,
But he is always there.*

*-Sai Priya Gande,
Group 2, Tampa Bay*

Expressions from the Heart

My Lord

You
Enlighten me
Inspire my
Inner
Reality
Blossoming Divinity

I
Feel the wind
That followed
Your gentle
Footsteps

You are
My very
Life breath
You were
Always there
Beside me

I'll never leave
You promised
And you
Remain
By my side
Through pain
And pleasure

Your enchanting
Smile
Enough to
Brighten
My day

Though you
Are no longer
Mine to keep
I feel
Your presence

In every
Word I speak
Letter I write
Step I take

I know
You are
Here

With you
Supporting me
My limitations
Have surely
Disappeared
To a land
Unknown
To man



Expressions from the Heart

For I feel
Nothing
Temporal

Ethereal
Can ever
Hinder
My progress
So Surreal

You
My Savior
Guiding light
All I ever
Needed

Dew sparkles
On the dark
Green grass
Giving it
A new
Dimension
Unearthly Beauty

You
Are the
Dew
In my
Mundane life

An
Angel
Has descended
Upon me
Silvery wings
Kiss my
Eyelids

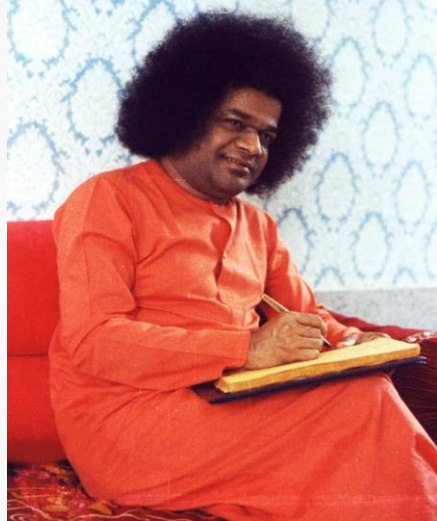
I
Close my
Eyes
And
I am
Enveloped
In this extraordinary
Bliss

A whisper,
Nothing more,
Entered my ear
And I was
At peace
For the words of the angel
Had lightened
My burden

Expressions from the Heart

You said,

If you take
One step
Towards me,
I will take
One hundred
Towards
You



-Shreya Sankar Group 3, Charlotte

In me

When I'm thinking, I'm thinking
About my Swami
When I see, I'm seeing Swami
When I hear, I hear the soft words
Of our divine Lord

When I eat, I offer to Swami
Then eat with gratitude
When I touch, I feel the silkiness of
Swami's soft orange robe
When I sit, I sit next to
The divine throne of our lord

When I walk, I walk beside
The forgiving feet of our dear Swami
What can I say?
Swami is always in me.

Deepa Ramesh, Group 2

Expressions from the Heart



Cars can be Humans too

*Life is like a ride in a car.
First the car ignites the engine
Just like starting life.
The Car moves.
Just like out steps we take to success.
If we behave badly
Just like a car crashing.
We both make mistakes.
We all know we are motivated
Just like cars are automated.
Cars can be Human too.*

*- Arvin Akkiangady (Group 3)
Sai Center of Greensboro*

Expressions from the Heart

Golden Hearts

One of the topics we learned about in SSE this year was about golden hearts and black marks. We read a story in class about when you hurt someone's feelings you leave a black mark on them as well as yourself and when you do a good deed you leave a golden heart for yourself and the person you helped, similar to Baba's quote, "Help ever, Hurt never."

I see my sister taking my books,
"Hey, that's mine," I say and snatch it from her,
She leaves with a disappointed look on her face,
And then I know I've left a black mark,
Not only on her but also myself,
On top of that I'm late for school.

I rush to the bus stop,
I'm not in a good mood,
The thought of my sister lingering in my head,
I've been waiting at the bus stop for 20 minutes,
No signs of the bus and I'm upset.

I finally reached school,
I walk in 30 minutes late to homeroom,
They're in the middle of a test,
The day can't get worse I think to myself.

3rd, 4th, 5th and 6th period,
I'm counting down for dismissal,
I can't wait for the day to end,
I want to go home.

I get to 7th period 3 minutes early,
So that I could complete my morning work,
And help my friend,
When she shows up we get to work,
I'm done explaining
and I can see that she's happy,
I can also feel the Golden heart effect on me.

The bell rings and I catch the bus,
On the way home,
I think of ways to make my sister a Golden heart.

When she gets home,

I volunteer to play with her,
We play UNO together,
And I can see how she also feels happy,
Then I realize
how I turned the day around by giving
Golden Hearts.

-Adithi Radhakrishnan
SSE Group 2



Expressions from the Heart



A Glimpse into a Regular SSE

Group 3 Class

As we walk in excited
We are greeted with
A warm smile and a "Sai Ram"
From our dearest teachers
We sit down
Ready and all Geared up
To enlighten
Our Spirits with our dearest Swami
One of us, welcome
Him
As we begin our class
At His lotus feet
We say our prayers
And Swami blesses us with the ability to sustain the knowledge of this
enlightening class
Then we begin our lesson
With each new quarter
A new lesson integrated with a message
We have dedicated lessons and exciting activities
That we students look forward to each week
Thanks to our wonderful teachers in this class
We have learned to be mindful
We have learned to be one with Swami

Expressions from the Heart

We believe that life is a game, we play it with Swami by our side,
learning the skills with perseverance
We believe Swami is our lighthouse who guides us through the
sea of life
As we follow, the path of truth, righteousness, peace, love, and nonvio-
lence
We conclude our class
With 3 oms
Thanking Swami for a wonderful class
Leaving feeling consciously and morally charged
I head outside
On the way home, I ponder over the class and the lessons I learned
Then, I pen my thoughts as this poem in my SSE notebook:
I am truth
When I ring the bell
To your conscience
I see the real you
Not who you pretend to be
So, when you do something wrong, don't lie but listen to me
Never hide the truth
Even if it hurts
If you let the truth ring
Your heart will be free
Like a bird set free from it's cage

THE ONLY
PEOPLE WHO
ARE MAD AT
YOU FOR
SPEAKING THE
TRUTH ARE
THOSE PEOPLE
WHO ARE
LIVING A LIE.

KEEP SPEAKING
THE TRUTH.

Diya Ganesh



SSE GRADUATES 2018



Om Sri Sai Ram

END OF EDUCATION IS CHARACTER - BABA

Sai Rashmi Nakkina, Atlanta



*My most humble and sincere salutations at the divine lotus feet of our dearest Swami.
Loving Sairam to All,*

Swami says "The end of education is Character" and I can strongly say that SSE has definitely built up my character and made me a better human being.

It all started when I was five years old. Back then there was no pre-SSE and generally, kids started the program at age six, but it so happened that I started the SSE program at the age of five and the journey started from there. From group 1 to group 4, I have many fond memories; I will definitely cherish these for a life time. My first memory of SSE was my dad taking me to the SSE room and told me that I would be going to balvikas and I was going to have so much fun and then he pointed to an air vent and said he wishes he could jump out from there and join the class and the fun continued from there.

We all think SSE means classes that take place every weekend on the Five human values but it is way beyond that and it definitely give a chance to learn from great teachers who are ardent devotees of Swami.

SSE has opened many doors for me such as: Sing (by His grace I started singing at the age of 20 months), I had opportunities to lead, and also help other children. Presentation skills (I served as an MC at one of the retreats and conducted Sai jeopardy along with many other presentations.) Dance (I have always had a passion for dance, but it just was not meant to be, but Swami has so lovingly showered opportunities to learn and perform dance as well.) Acting (I have participated in several plays and skits, some of which include: Mother Easwaramma play, Meera bai play, Markandeya, and so on.)

Service has become a very meaningful part of my life. With SAI, there were many occasions that Swami has blessed me with opportunities to lend a helping hand in various service projects. Not to forget the GO Green initiative. It surely opened my eyes and made me look for other ways to help the environment.

Above all Swami has provided me with opportunities to be a part of pilgrimages to Prasanthi Nilayam. In 2005 I was a part of a play, 2007 I was in the regional pilgrimage where I was involved in the musical offering, in 2009 I was a part of the Christmas decorations and the choir and in 2010 I was a part of the national pilgrimage.

Through this incredible journey of SSE, I have been able to firm my beliefs and strengthen my uninterrupted connectivity with Bhagavan. In a nutshell, SSE has molded me to get equipped with very important elements such as Daiva Preeti, Papa Bheeti and Sangha Neeti (love for God, fear of sin and morality in society). I sincerely bow down and offer my most heartfelt gratitude and salutations to each and every one of my SSE gurus.

Last but not least, Swami, Thank you for your continuous and constant loving guidance, grace, and love. I promise that I will not let you down, and I will continue to incorporate Your teachings in my daily life and make you proud with my conduct, devotion and loving service.

*Jai Sairam,
Sai Rashmi Nakkina*





SSE GRADUATES 2018



Om Sri Sai Ram

END OF EDUCATION IS CHARACTER - BABA

Tejas Vedantham, Atlanta

Sairam everyone,

For most of you that know me, you know that I don't speak much so I'll try to keep this short and sweet. And on that note, I'd like to take one minute to give some well-deserved thanks to some people.

First and foremost, Swami.

When I started this program with my parents dragging me to the Group I room, I was naive to the power and grace that Swami was blessing me with. And only when you are without something do you realize its value. It's been Swami's will that I can say I successfully completed this program. Standing here, I can also say that this program has been the biggest blessing of my life.

Next, my teachers and parents.

Swami says your parents and teachers are God and one thing is for sure, the lessons they have given me sometimes made me feel like Swami was delivering those lessons himself. On the surface, I can easily find the vast knowledge and life lessons my teachers have imparted on me - from all groups. But in retrospect, the one thing I've really found in my teachers is a friend. I know that I can always talk, share, and discuss things in my life with my teachers and that relationship is one I know I will keep forever.

Finally, I'd like to thank everyone sitting here today, right now for the greatest experience of the past 17 years. You might not realize this, but the fact that everyone comes here every week and spends time here, whether it's for bhajans, SSE, or just to sit in the back and enjoy makes the center what it really is. I've found our center to be a home and it'll stay that way for many years to come.

SSE Reflections



Sairam This is Devesh from the St. Thomas Sai Centre - SSE has been a part of my life for as long as I can remember. I was in first grade when it had initially started, and since the beginning I felt it draw me closer towards Baba. I used to look forward to it every Friday, it was an opportunity to learn more about my religion and meet my friends. After being in SSE for so many years, I was privileged enough to have the chance to be a part of the Sai Young Adults. It's safe to say that everything I've learned in my years at SSE has seriously contributed to the bond I have with Swami. Teachings of non-violence and selfless service has motivated me to remain kind towards people in school and to participate in community service projects. I don't know how I would be if I had not participated in the SSE program. I was only in SSE for a few years, but everything I learned from it will last me a lifetime. Sairam!!

SSE Reflections



Sairam! This is Mansi!

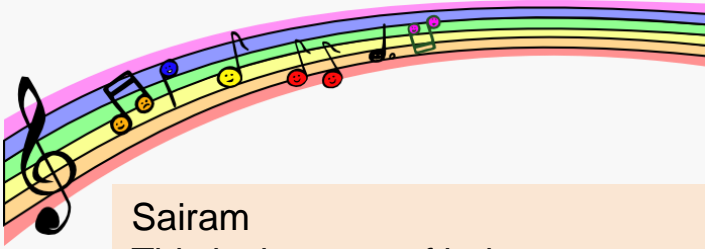
When I was younger, I would look forward to Friday's throughout the week.

Every Friday at 5:30 PM, my friends, cousins, and other fellow SSE members would gather around with our teacher and listen to stories, play games, and discuss moral values.

Although the lessons would only last for one hour, the values I gained through this exposure will remain with me for a lifetime. From the importance of inclusion to the value of singing bhajans, the lessons have given me insight that I use each day throughout my academic and social life. I believe that my experience in SSE classes has fostered my comfort and warm love towards Swami.

By learning about him at such a young age, I have been blessed to develop a sacred and close relationship with Sathya Sai Baba. Whether I'm in a situation as devastating as being struck by Hurricane Irma or I'm having one of the most joyful moments, like when I found out I had been accepted to the college of my dreams, Baba has always been by my side as both a mentor and my best friend. I have SSE and my loving parents to thank for such a wonderful blessing in my life!

Sairam!



Sairam a 'rap'

Sairam
This is the story of baba
Our lord
Sathya sai baba

At anytime time of day....

(Solo)

Today we're talking about swami
His life was a tsunami
He was born on 1926
He came to solve our conflicts
He arranged the bhajans to fight disease
Just so the town could have a fresh breeze

(Solo)

Sairama, sairama.....

(Solo)

Since what he did was such a big hit
It is only fair that we repeat it
At the age of 13 he revealed his secret
He was not just human but God ultimate

(Solo)

His love brings us joy.....

(Solo)



Sairam a 'rap'

After listening to, easwarambas plea
He build a paradise called prashanti
His message was so clever that it lasted forever
Love all serve all help ever hurt never(2x)

(Solo)

Amanda. Amanda

(Solo)

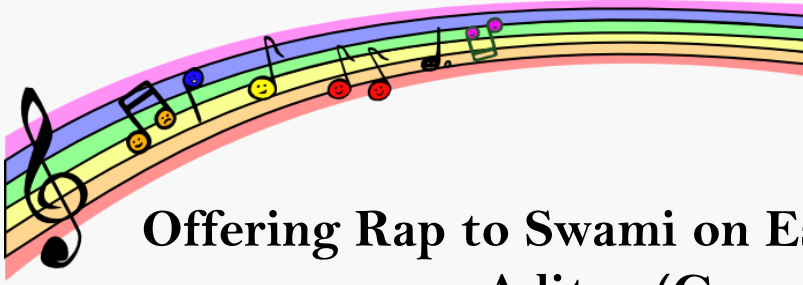
His teachings and principles had to be awed
Service to man is service to god
Sathya Dharma Shanti Prema Ahimsa

One fine day he passed away
Living his legacy, never to decay

His life is his message
Which built up his image
He always preached truth
His principles were smooth
with an overflow of kindness
The divinie was its finest
This is the life of Swami
His life, was a tsunami

Ananda Sairama.....
(Solo)

Composed & Lyrics by
Sree Krishna Karthikeya Kappagantu
& Samarth Vohra
Group 3
Jackonsivlle Sai Center



Offering Rap to Swami on Eswaramma Day – Aditya (Group 3)

***Mother Oh Mother Sai Ma, You Meant The Whole World To Him
Sai Ma...***

Today We're Talking About Eswaramma
Satya Sai Baba Came From Her

Eswaramma Was No Slacker
She Pulled All The Burdens Behind Her

As The Mother Of The Great Avatar Swami
She Didn't Get Anything Like A Big Ferrari

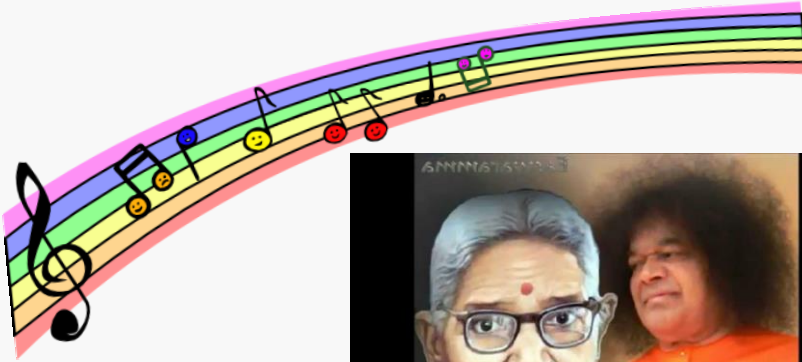
You Gave Birth To A Son Who Was Helpful To Everyone
Without Your Guidance, Nothing Would've Been Done

Mother Oh Mother Sai Ma, You Were The Light Of His Life Sai Ma...

Eswaramma Cared For The Children
She Wouldn't Leave Them(Pause .5 Sec) In A Billion

Love And Caring Are Her Nature
And Sathya Sai Baba Is Her Savior

Maa Sai Maa Oh Maa Sai Maa



One Day She Asked For Three Wishes
To Fulfill Everyone's Successes

The First Wish Was A Hospital
Swami Said It Was Very Possible

*In Times Of Troubles And Despair, He'll Call Your
Name Your Always There*

The Second Wish Was For A School
Swami Thought The Idea Was Pretty Cool

*How Can We Thank You O Dear Sai Maa For All
Your Patience And Love Sai Ma*

Because In Summer It Got So Hotter
The Third Wish Was, For Some Water

She Took Care Of Swami
She Had The Strength Of An Army

Maa Sai Maa, Oh Maa Sai Maa (2x)



Mother Easwaramma

Sree Krishna Karthikeya Kappagantu
Group 3
Jacksonville Sai Center

What does it mean to be a mother?

The cliché term for all this would be someone who cares for you.

1. Shares unrequited love for you
2. Sacrifices her wants and makes you her greatest need
3. Guides you through the various stages of life

Baba once said, “I resolved on my birth. I decided who should be my mother.”

Goes to show that Baba was aware of the wonderful qualities of Easwaramma and chose her to be his mother out of confidence that she will always do the right thing.

All these qualities are exemplified with the amorous mother we all know as Easwaramma.

Easwaramma wasn't lucky to give birth to baba but rather qualified and deserving.

Any mother would care immensely about their child but only a handful like Easwaramma would be thinking of every child.

Perhaps here most meaningful contributions would be her service projects that she requested.

Hospital: she said, “Swami, ours is a very small village. Here people are put to a lot of suffering due to the absence of medical facilities. They have to run to Bukkapatnam for every small problem.” She also wanted to have a small hospital in Puttaparathi has expanded into two Super Specialty Hospitals in Puttaparathi and Whitefield along with two general hospitals.

These temples of healing provide primary to tertiary healthcare and modern state of the art medical care, completely free of cost.

Her second wish was to provide **education** for children without having to travel long distances.

Her third wish was to provide **drinking water** for residents of Puttaparthi. This has developed into the mammoth Sathya Sai Water project which is providing water to millions not only in Puttaparthi but also in other states in India. This has inspired Sathya Sai devotees across the world to start water projects in Africa, Indonesia, Nepal, Sri Lanka, El Salvador and other countries. Thus, the small wishes of the mother paved the way for gigantic humanitarian projects all over the world.

During the summer course in Brindavan in 1972, she was sitting in the hall one day, after breakfast. Swami was upstairs. Suddenly she called out, 'Swami, Swami, Swami.' Swami responded, "I am coming, don't go!" Gokak, who was there, was surprised at that. Swami rushed down. She held Swami's hands and said, "I am completely satisfied with this Summer Course. It is not only the students who are getting benefited. Even I have developed a broad mind. Swami, I am going!" She offered her pranams to Swami and passed away peacefully. Everyone aspires to a peaceful death. People who have evil feeling will not die such a death. Easwamma did not have even a trace of evil feeling in her. That is why she was always joyful.

Mother Easwamma demonstrated the divine qualities of sacrifice, compassion, patience, devotion, forgiveness and forbearance. She possessed no formal education, being born in a small rural village in India, but demonstrated profound wisdom, which she used for the upliftment of others. Mother Easwamma gave love and guidance to the children around her and to the many devotees who flocked to visit Sathya Sai Baba. She expanded her boundaries and shared her love and her divine son with one and all.



Why is SSE important to me?

Shruthi Chevala
Group 2
Jacksonville Sai Center

SSE is important to me because it helps me to learn good values and learn about Baba's teachings. I use them in my daily life. SSE helped me to be friendly with all my classmates. In Group 1, I learnt about the five human values, various slokas, short stories, giving respect to elders, sharing and caring with everyone. SSE classes helps me to see God in everyone so that I can love all and hate none. In Group 2, I learnt about Swami's miracles, service, perseverance and time management. I do not miss my SSE classes. Even if there is any birthday party during SSE class, I would attend after the class as SSE is important to me.

I realized that following Baba's teachings help me to become a very good person.

Life Application of Service Activities

In SSE class, my Guru showed us a video on service activities done by Baba's devotees. This inspired me to implement in my life and that week, I was looking for opportunities to help and noted down all I did:

Monday – I helped a friend at school clean their mess up.

Tuesday – I helped put the pots and pans in racks for my mom.

Wednesday – At school, when a boy broke his leg and was looking for a wheelchair, I hurried up and got a wheel chair for him.

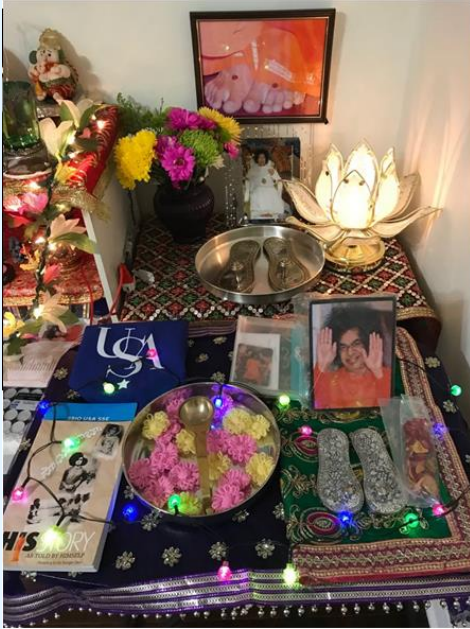
Thursday – I helped my parents fix the bed.

Friday – I helped clean up the lunch table at school.

Saturday – When me and my friends played a board game, I helped clean up the pieces of it.

It gives me happiness when I can be of some help to people around me. Thank you Swami for inspiring me.

One with Sai Kit Experience



**Sree Rama Kaushal Kappagantu
Group 1
Jacksonville Sai Center**

Satya Sai Baba, our beloved Swami was born on Nov 23, 1926 in Puttaparthi, India. Swami always said to speak the truth.

Swami says to **Love all serve all.**

Once, a woman tried to poison Swami's food, although Swami knows about that, still he did not stop showing love and affection towards her. Everyone wanted to punish the lady, but Swami protected her.

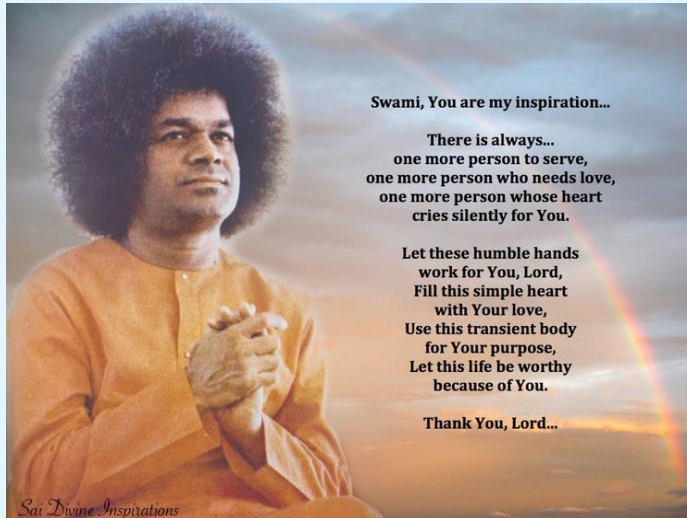
Swami always asked his devotees to have good eating habits and to eat only Vegetarian food. We should all follow this and stay healthy and happy. Swami always fed people first before he could eat. He used to get satisfied only when everyone is fed properly. Like Swami, we should serve food for others before we eat.

Swami never broke his promise. Once he promised to Subbamma that he will be with her during her last breath and pour holy water in her mouth. To keep his promise, he traveled a lot, went to her, and brought her alive and poured some holy water into her mouth with his divine hands. That is how he kept his promise. We all should learn to keep our promises. Sadly, Swami left his physical form on April 24, 2011.

We all should follow his great values and principles. Sairam!

PARTHI PILGRIMAGE EXPERIENCE

THANK YOU SWAMI FROM THE BOTTOM OF MY HEART!!!



- Sharavan D., Group 3, Orlando Sai Center

I'm grateful to Swami for taking me into His fold. Being in Swami's fold helps me become a better person. He taught me to discriminate between right and wrong. He is my best friend and He always helps me in troubling times by motivating me and He smiles at me during good times. I'm also thankful to my parents for what I'm today and everything I have.

I would like to share two of my experiences where I learnt the importance of gratitude.

When I went to India, I met my uncle who is partially paralyzed and cannot move certain parts of his body and he can't talk. Most of the times, we take it for granted what we have and sometimes misuse it by talking rudely. We don't even notice that every day is a miracle.

We also went to the pilgrimage at Puttaparthi in summer for a one week trip. On the Guru Poonima day we didn't have anything to do. So I thought of going to the medical camp and volunteer. Initially they asked me to direct the patients to their designated rooms. Later I was instructed to check their blood pressure and weight. Since I know the native language (Telugu), one of the doctors called me to translate. The doctor asked me to tell to one of the patients to keep an ice pack on her leg pain for every 6 hrs. I told her the same in Telugu.

THANK YOU SWAMI FROM THE BOTTOM OF MY HEART!!!

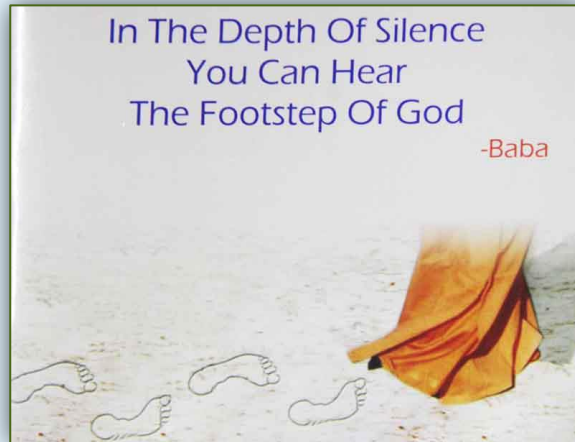
The lady said that they didn't have a refrigerator at home and had to walk a half-hour to the store to get ice. She can't walk and even if somebody brought an ice pack for her, it would melt by the time it reached their house. I felt very bad for her situation. Then I thought how fortunate are we to have all comforts in our lives. We must be grateful to our parents and Swami.

Another patient was a small boy who after having his checkup done was given a mint candy. This little boy started crying when he got the candy. After a while we got to know that he didn't eat a candy in two years because he couldn't afford it. No doubt everyone's eyes became wet. Here we are with everything excessive of everything like chocolates, ice creams, pizza, video games and what not.

Swami thank you so much for everything you gave us. I will help as much as I can, to as many as I can, in whatever way I can and make my life meaningful. Thank you Srinivas uncle for taking us on Parthi pilgrimage. Jai Sairam.



SAI-LENT RETREAT EXPERIENCE



SAIRAM

We recently went to a SAI-Lent retreat in West Virginia and it was a totally different and good experience. We had no electronics and had to be silent for almost 2 days! Our parents especially really enjoyed the retreat. The SAI-Lent retreat provides an opportunity to look within.

The SAI-Lent retreat was an eye opening experience for us. It allowed us to reconnect to all the things that we had forgotten about in the fast moving, technology based, work oriented environments of our daily life. The SAI-Lent retreat gave us a slower paced, peaceful environment where we could reconnect to our imaginations and our inner self. In our opinion, this is an opportunity that everyone should have.

The schedule during the retreat gave us a different type of lifestyle. In the morning, suprabhatam was at 5:30am and after that we had meditation and yoga. After that we would have breakfast in silence, which for the first time made us focus on the food instead of anything else. **The best part of everything was the nature walks in silence, looking at the snow, the animals and everything else beautiful that Swami created around us.** Then there would be time for Gayatri and the speaker. This all let us connect to Swami and think of His teachings. In the afternoon there was time for individual sadhana, which was really fun because it also included art and other activities but in silence.

Sincerely,
JSai and VSai
Fort Lauderdale Sai Center, FL

Ramayana Reflections

Clear Water Sai Group

By Dhruva Gadipathi (group 1)

This is Ramayana in a short version. There was a Kingdom in Kosala Named Ayodhya. Ayodhya was ruled by Dasharatha maharaj. Dasharatha had three wives Koushalya, Sumitra and Kaikeyi. Dasharatha wanted children, He started a Yagna. He had children their names were Rama, Lakshmana, Bharata and Shatrughan. Rama was almost crowned king. He went to the Forest, Lakshmana killed Surpanakha. Sita gets captured by this Ravana. Ravana flies using Pushpaka Vimana. The Vanaras help Rama find Seetha. They build a bridge to Lanka. Rama attacks Lanka. Rama kills Ravana, Rama and Sita unite. What I like about Ramayana is when Rama killed Ravana and took Sita back to Ayodhya. I liked when Hanuman set Lanka on fire, he destroyed the city.



By Shrey Patel (group 1)

“What I learned from Ramayana” In quarter 3 of SSE

From the Ramayana I learned lots of lessons on morals- it was really inspiring. My favorite part was when Hanuman and the other monkeys created a bridge for Rama with the squirrels. Although, the minute I heard Rama was going to the forest just for his parents, I figured he was really respectful to his parents and caring. In fact, to me it was amazing how he didn't get mad at mother Kaikeyi because she wanted her son Bharata to be king. I wonder how it feels to be Rama.

Ramayana Reflections

“What I Learned from Ramayana” In quarter 3 of SSE

What I like about Ramayana is how Rama respected his parents. One day Dasaratha told Rama that he was going to become king. When everyone was getting ready for Rama to be crowned, Manthara(Queen Kaikeyi’s maid) gave poor advice to Kaikeyi. She advised that Bharatha should be crowned King. Then Kaikeyi remembered the 2 boons Dasaratha gave her when she saved him in war. Kaikeyi had not used them then, she wanted to use them now. The first boon she asked was that Bharatha be crowned King and the second one was that Rama should go to the forest for 14 years. When Rama was told this, instead of arguing he said “Yes” and went to the forest.

I liked how Bharatha loved Rama so much. Bharatha didn’t want to become King. He was a righteous person. Bharatha knew that Rama was the right person to rule Ayodhya. I loved how Sita and Lakshmana loved Rama because they didn’t have to go to the forest on exile, but they did. I liked how Hanuman and the monkeys helped Rama and Lakshmana to save Sita. Jatayu too tried to save Sita by sacrificing his wing. Ravan cut Jatayu’s wing. Everyone Loves Rama.

- **By Ethan Beeram (group 1)**

“What I learned in quarter 3 of SSE”

For me Ramayana was an adventurous epic because Rama was in the dangerous forest with only Lakshmana his younger brother and Seetha his wife. What made the story an adventure was when Rama fought the evil demon Ravana, also known as the king of Sri Lanka. I also liked when Lakshmana chopped off Surpanakha’s nose. She was a demon. The part when Dasaratha asked Rama to be the king and mother Kaikeyi asked him instead to go the forest and Rama obeying and going to the forest for 14 years amazed me. I couldn’t believe that Rama was so obedient to his parents.

Another part I liked was when Rama shot an arrow at Vali . Vali had the boon that he would get half of the strength of the person fighting him. Rama was clever and made Sugreeva fight Vali and when Vali was weak, Rama took Sugreeva’s place and shot an arrow at Vali.

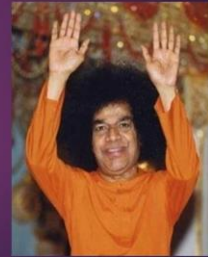
One value I want to follow from the Ramayana is to obey my parents.

By Pranav Gadipathi (group 1)



Faith & Prayer

BY CHILDREN OF SAI
SPIRITUAL EDUCATION
GROUP OF
NORTH ATLANTA



PRAYER by Neha



- ▶ **P**atience and faith
- R**emember God every second
- A**lways do it with love
- Y**our heart is connected to God
- E**ffort will make it the best
- R**evere God and his laws

FAITH and PATIENCE by Anisha



- ▶ Faith and patience brings ~~peace~~ peace to life,
- ▶ It brings joy to our lives.
- ▶ Faith and patience shows us the right way,
- ▶ So that we can be closer to God always.

FAITH By Laasya

- ▶ **F: Fear of Sin**
- ▶ **A: Always believe in yourself**
- ▶ **I: "I Can Do It!"**
- ▶ **T: Trust Yourself**
- ▶ **H: Have Faith in Yourself**

Faith by Kamakshi

- ▶ Forget your surroundings
A spark of hope is all you need
Imagine GOD; he is so
astounding
Trust HIM to Succeed
Hope for the best ...

SBOI
With Sai All
things are
Possible
॥ॐ साई॥
Have
Faith

Faith and prayer by Neelu

- ▶ If you are scared
- ▶ There is someone to share
- ▶ You just need to pray
- ▶ God will help you stay
- ▶ That's the best way,

Faith & Prayer poem by Akshaj

- ▶ Faith and Prayers are 2 major values
- ▶ You need to have both
- ▶ If you don't even have one
- ▶ You're disobeying god

Poem on Prayer and Faith By Sujay



- ▶ Prayers need faith
- ▶ Prayers give peace
- ▶ Love needs faith
- ▶ Faith connects you to god

Faith & Prayer Poem by Sanjitha

- ▶ Prayer is the key to reach God
- ▶ Endure yourself that you have faith
- ▶ And pray with faith
- ▶ Calm down
- ▶ Effort pays off



Service & Faith Prayer by Kavya

- ▶ Service is work from the heart.
- ▶ We must strive to serve the world...
...For everything is god.
- ▶ Service is love.
- ▶ We must love and serve all...
...For everything is god.
- ▶ Service enlightens the soul.
- ▶ Even the smallest act makes a big difference...
...For everything is god.
- ▶ God, the almighty, uttered two words; Shraddha and Saburi.
- ▶ We sing "Shraddha, Saburi". The world sings together...
"Shraddha, Saburi" For these words lead us to god.

Prayer Poem by Samnayu

- ▶ Prayer and Perseverance
- ▶ Able to bear affliction
- ▶ Tolerance & Injuring none
- ▶ Encouraging to others
- ▶ Calm & composed even tempered
- ▶ Fully persuaded & Always believing
- ▶ Is unwavering, trusts completely
- ▶ Hopes with assurance.

**WHY FEAR WHEN
I AM HERE
- BABA**



**The Power
of Service:**
A Golden
Opportunity

October 14th,
2017

Helping Hands

- **Bhaveshsai Reddy, Group 3, West Palm Beach, FL**

It began at 6:00 on a Saturday morning. I was ready to sleep for some more time when my dad frantically started to wake me up. At first, I was wondering why my dad was waking me up so urgently, but soon I realized we had to go to a service project. My dad had told me the previous day but I had forgot until just then. I was in a sleepy haze and I really wanted to sleep more. I tried to plead with my dad, but he explained to me that there was a bigger cause. He explained that I would be helping those who were affected by the horrific hurricanes that had affected our areas. Before hand, I knew that there would be a lot of heavy lifting. I thought that I would be of no use to help. After some time of arguing and debating with my dad, I finally got ready and got in the car. During this whole time, I still was convinced that I wouldn't be of much help during the service project. Drearily, I sat in the car and we went to the warehouse where the service project was being held.

In 30 minutes, we arrived at the warehouse. We were told that we had to arrange and pack food supplies and other essentials into crates and then ship them to St. Thomas. This was a very big task as we had to open each box and correctly sort them out. Right off the bat, I *thought* that this was definitely not kid's work. I became even more dull at hearing this news and everyone slowly started to work

The Power of Service – A Golden Opportunity

In the beginning, I had no job as all of them either required heavy lifting or cutting open boxes (which required knives). After about 30 minutes I had finally found a job, but it wasn't really important. I was mainly helping the adults if they needed any help.

The first couple of hours went by REALLY slow and soon I was talking with the other kids more than I was helping. Before I realized, it was time for a break and all the adults came to the break room.

As we were eating, I felt bad as I saw that all the adults were very tired and I knew I could have been helping when I wasn't. I knew that there was actually work that I could've done and I wasn't doing it. When the break was done, all the adults came back out and started the second half of our monstrous project. This time around I had lost the attitude that I came with and was motivated to do work.

This was really significant to me because this service project was one of the most needed or necessary service projects that I have ever been too. Seeing all the damage, I knew that nearly a whole nation was without power or clean water. They probably have major damage even a month later. Everything that I use on a day-to-day basis would have been completely gone. Even though our donation to the cause was relatively small, I really felt that I was a part of it and I knew that I would be helping someone who was really in need.

I knew that there was actually work that I could've done and I wasn't doing it. When the break was done, all the adults came back out and started the second half of our monstrous project. This time around I had lost the attitude that I came with and was motivated to do work.

Soon, the adults became tired and they needed a massive amount of help from all the children.

Eventually, the kids were entirely in charge of sealing over 500 boxes! Even though, it had been many hours, the experience that really changed me was still yet to come.

The Power of Service – A Golden Opportunity



Sorting and Packing Boxes



Wooden Pallets Used to Wrap the Boxes Siddarth (left) and I (right) started wrapping the boxes in plastic towards the end of the project since the adults had become very tired.

All of us began to sort through the boxes of supplies and categorize the items to begin packing. After all the boxes were labeled and sorted, they had to be sealed for shipping. This means they had to be transported onto wooden pallets and then wrapped in multiple layers of plastic wrap. This meant that we would have to do some back-bending work in a short amount of time. At this point, most of the adults were so tired that they couldn't even bend over to pick up something. I knew that I had to help them for fooling around in the beginning. Doing this was probably the most difficult and humbling experience that I have ever had. Seeing how my attitude changed from the beginning to the end really showed me how you don't really need to be "important" or an adult to help or contribute.

WEST PALM BEACH SAI CENTER, FLORIDA

STONEMAN DOUGLAS STANDS STRONG

#NeverAgain



#MSDS
STRONG



THE POWER OF LOVE

Bhaveshsai Reddy (Group 3)

On February 14th, 14 innocent school children and 3 teachers sadly lost their lives doing what they were supposed to be doing, being at school. On a day that was supposed to be marked by love, 17 people lost their lives to a senseless act of hate. Throughout my life, I have always heard about these things from thousands of miles away, but this time it was right in my backyard. Marjory Stoneman Douglas High School is 5 minutes away from my house. I never thought something this terrible could happen so close to where I live. These terrible events have always impacted me, but nothing I have ever experienced has impacted me as much as this. Every day, I go to school, I can look out the window and see the building where this occurred. This is a reminder to truly thank Swami for everything he has given me. I try to be grateful for any and everything I have because you never know when something like this can happen. I truly pray to Swami that something like this never happens again and that he provides comfort for the parents and relatives of the 17 victims. Even though this was a terrible event, I know that the 17 victims are in heaven right beside Swami.



FOREVER CHANGED

THOUGHTS ON THE MSD SHOOTING

#MSDStrong

By: Naina Jeedigunta (Group 2)

Because there was a gun, 17 lives were done.
Because there was a gun, much damage was done.
Because there was a gun, happiness was gone.
Because there was a gun, all fun was gone.
What can the helpless little ones do then?
For peace to dawn, let's all pray to Bhagawan.
With Love for each other, let's stay MSD STRONG!

A Racing Heart

By: Bhargav Potineni (Group 3)

When this horrid gun shooting incident by a 17 year old expelled student had occurred in the high school, which is just beside my middle school, all I could feel is my heart racing and my feelings only being anger. I was wondering why anyone would do this on Valentines Day, a day that should only be filled with love. I understood after continuous thinking that this person was not loved enough in his life, this was an act of hatred and if this person was loved, it could've prevented this tragic incident.

Helplessness

By: Vaikuntha Comondoor (Group 2)

I felt angry and sad because innocent people died for someone's own anger. This act was a symbol of pure hatred and was planned out to take away many lives. I felt very sad to see all these young kids dead in school and how the parents would have felt to find out their child is dead. I think you should not use your anger to harm others and plot an attack against them. We should have non-violence and peace in our lives. We should love each other as every other person has a soul just like us. They are just another human being and they can feel pain just like us.

WEST PALM BEACH SAI CENTER, FLORIDA



NO TEARS LEFT TO CRY

Neil Jeedigunta (Group 3)

By now, all of you must have heard about the devastating news that has happened at Marjory StoneMan Douglas High School in Parkland, Florida. It is truly unbearable to even think about it. Just imagine what the students must have gone through when they were shocked by the mayhem that saw 17 innocent lives have fallen prey to an insane act of hate. Not only the students and teachers of that school but also the schools near by and every single student and parents as well felt unsafe. Fear has consumed our hope and happiness. But the students proved that determination and willpower is stronger than Fear. After the incident, not only students and teachers from Marjory Stoneman Douglas High School, but students, teachers, and family members across the country started protesting against gun violence. They held silent marches and prayers trying to heal from the horrible incident which made everyone take a serious note of the gun laws in the country. In the midst of fear and anxiety, there is only one that offers solace is faith in God. These are the times, it will become more and more apparent that Swami's teachings of love, peace, and non-violence are essential for a healthy and happy community. May Swami's Love bring healing to all the families affected. May this adversity change hearts of the leaders so they will take measures that will make the students safe again going to schools in this great country.

Living Our Values Everyday

POWER OF PRAYERS

By
Shivani Gadepalli

One topic in SSE this year was "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. 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. 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. This shows that the Gayatri Mantra is a Universal prayer that has helped many.

JAI SAIRAM.

Meditation and Time Management

Bow down to the lotus feet of Sai Baba. This is my first year in SSE and learned about meditation and time management in group 2.

In group 2, one of the topics I learned about was meditation. When you meditate you give love to somebody you know or don't know. This calms your mind and sharpens your concentration. This will help you when you are feeling frustrated and aren't able to concentrate on something. I suggest for you to meditate in the morning and evening of everyday.

Also, in group 2, I learned about time management. Time management is how you manage the precious time you have. If you don't manage your time you will be late for activities. But, if you set a timely schedule and follow the schedule you will be on time for your activities. This will greatly help you.

These are the reasons you should do meditation and manage your time wisely. Sai Ram.

- Arnav Varanasi
SSE Group 2

Living Our Values Everyday



Meditation

Connect to God

When you meditate, you have to sit, crisscross applesauce in a quiet place. Stretch your arms and place on your knees by closing your pointer finger and thumb in a circle. All the other fingers should be open up wards. You should do this because thumb is God and pointer finger is you. When you put your finger like this God is connecting to you.

Thinking and Time

In mediation you have to meditate for at least 1 minute. You should be thinking about God. You should not talk and only thing you have to focus on is God. You will get good blessings when you do this. Meditation purifies your heart and you will be devoted to God.

-Akshara Varanasi

SSE Group1

Light Meditation

Today I will be talking to you about the light meditation. The light meditation is a process for you to clear your mind and to focus on anything you want like a desire or a goal in your life. And you might be saying to yourself, "why would I want to no about this thing a twelve year old wrote", well let me tell you why. You should do the light meditation on a daily basis because the light meditation cleans your mind of any bad thoughts you have that might have to do with your work or schedule or anything like that. The light meditation also makes you calm down from any stress your having like taking care of your pet or work or really anything that stresses you out.

I would also recommend if you do try this yourself make sure to follow the link down below (just type link on computer URL it is also very good) and also maybe put a picture of BABA or any god of your choice. And another thing to add is be in a quiet place with no distractions and maybe turn off your lights and put the candle in front of you like the picture says.

And finally let me tell you how the light meditation helped me. So the light meditation helped me not get stressed out on a lot of stuff. In one scenario when the first time I went to middle school I was terrified to death but once I learned about the light meditation I was doing it every day and I was never stressed out anymore. And thank you for reading my article.

https://www.youtube.com/watch?v=3Z_Dcod_5wA

-Krishna Sai Katuru
Group 2 SSE

Living Our Values Everyday

Meditation

In SSE class, we studied about a man named Art Ong Jumsai. He was a Buddhist, and due to war conflict, he and his mother moved to France. He did a lot of meditation and it saved his life. Jumsai's childhood was not the best one. He got into trouble daily, and got very bad grades. Then one day he thought to himself, "Who am I? I am a Buddhist. I come from a very peaceful family." He then closed his eyes and he thought and relaxed. As he did this frequently, his grades became better, and his life took a turn for the good.

One day, Art Ong Jumsai went to see the latest astronomy technology in America. He applied for a project that involved designing how spaceships make soft landings on different planets. Though he applied himself to the project many times and tried and tried, he always failed. Finally, he gave up and said "I am not doing the American or Western way of Science, I am going to the eastern way of it". So, he climbed to the top of a mountain, sat and thought and thought until the right idea came to his head. He finally succeeded with this project because of meditation, mindfulness and approaching the project with a sense of calmness. He thought about it through the most calming way of thinking for him to attain his goals was through - Meditation.

He achieved his career goal and became a NASA scientist and he is also the Principal and Director of the Sathya Sai school in Thailand.

As the Principal / Director of the Sathya Sai School in Thailand he wanted the school to be an honorary role model school. This is because they teach common school subjects like Math, Reading, Science, etc, but also, importantly they teach subjects like Human values and Meditation with these everyday subjects. Art Ong Jumsai wanted his school to be in the countryside so the students who attend this school will also be able to learn important life skills like farming, climbing mountains, and enjoy swimming in rivers. Like him, the students do meditation in the mountains behind the school so they are able to clear their minds, and concentrate more effectively.

Art Ong Jumsai is a role model for me because of all the good deeds he has done for his community. He has inspired me to meditate daily. He was able to lead a school that makes all their own food, uses only solar panels for light sources and make all the students use bikes to travel around their campus. He is a very smart man and I am very thankful to my SSE teachers for telling us about him.

He really inspired me into doing light meditation, thumb meditation and just sitting in silence thinking about Human Values, my day to day activities and our Beloved Swami. Meditation has helped me to calm my mind and for me to be the best person I can be.

-Kaavya Raman, SSE Group 2

Living Our Values Everyday

Time

"Time waste is life waste"

In the morning, after I got up, I sat on the couch just relaxing, thinking that I will only relax for just five mins, but when I look at the time. "OH NO" I have been wasting time for the past thirty minutes.

In school, at lunch, I went and sat next to my friend, and started a discussion, thinking | will only talk for five mins, but RING! RING! OH NO", I have not eaten a thing my mom packed me, and my lunch break is already over. What a waste of time and food!

In the evening, I went and played with my friends, deciding I would only play for half an hour because I had homework to finish, but when I looked at my watch, "OH NO" I have been playing for an hour and forty-five mins! What a waste of time!

The next day I felt like I needed to improve from yesterday, when I got up, I did not waste my time on the couch, instead I quickly got ready.

At lunch, I ate my lunch quickly and then started talking with my friend so that I finish my lunch and I can talk.

In the evening, I decided to do my homework and then play outside so that my priorities gets done. Now I have learnt to always prioritize my time!

Humble Offering

Siddharth Mariwalla

Group 1 SSE

Acrostic Poem of **OM SRI SAI RAM**

O - Omnipresent Lord

M - My Mother

S - Sweeter than Honey

R - Razing Evil-Doers

I - Infinitely Compassionate

S - Savior of Mankind

A - Auspiciousness Itself

I - Indweller of All Beings

R - Raising Up the Good

A- Amazing Friend for Eternity

M- Magnificent and Glorious!

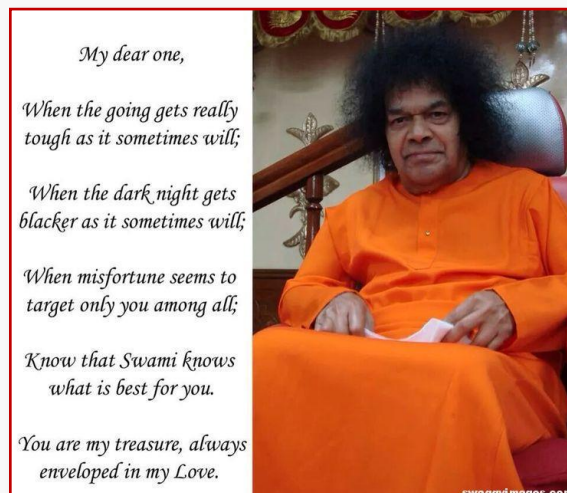
-Ankitaa Radhakrishnan, Raleigh Sai Center

Living Our Values Everyday

Sairam, My name is Vibu and I wanted to talk about my experience in my SSE Class this year. This year, my unit mainly focused on maintaining a positive mindset and having self-confidence. Being in high school, I go through many emotions and hardships. I often feel like giving up during certain points in my life, but I remember that I have to try my best and keep Swami ever-present behind my mind's eye. Swami is a main aspect in my life that keeps me grounded. A lot of chaos and tragedy occurs across the world nowadays, and hearing news about things like things brings my mind to a state of sadness and fear. It's okay to feel sad, but I try to keep my headstrong and think of all things I am grateful for and all the pleasures I have and plan on giving in the future. Baba once said "If you fail a thousand times, make an attempt once more. The ideal of man is to see God in everything." I think Swami meant that when thinking and possessing our thoughts, always remember him. God was one of the main figures in our lives that have been watching over us since before birth as they know us better than ourselves. Seeing God in everything and never giving up allows us to keep moving forward, despite hard times. I thank God every day for everything he provides me with and ask him to help me send love to every being in the world. We must learn to see love and beauty in everything, learn to forgive, send love, and see God in all. This is something I have now come to know as shaping me into a better version of myself. Swami is always there for us, even if it may not seem like it. Love is something we all need, and God never fails to provide it.

Thank you and Sai Ram

Vibu, Group 4
Orlando Sai Center.



Living Our Values Everyday

Story Time : JOY OF GIVING

Group 1, St.Thomas

Two boys are very naughty and mischievous all the time. One boy saw this poor farmer in the field with poor clothes and broken shoes so decided to hide his shoes, but other boy said no let's do something good this time. So they decided to put silver coins mon his shoes and were hiding behind the trees' s to see his happiness . After long and hard day work the farmer decided to go home to see his wife and hungry sons. When he put his foot in the shoes he was very happy to see two silver coins which would help him to get medicine and food for his family. The two boys were very happy to see the farmer filled with joy and from then on they both decided to be kind to everybody. They learnt the truth that there is so much joy in giving than taking.

How
Do You
Make Your
World Happy?

Harini Muddapu
SSE Group 2
Jax Satya Sri Centre

To make your world happy you need to think, say, and do happy things.

Think
It is okay to think bad but you should always try to think positive.

Say
You should always think before you speak.

Do
You should always try to do good things or face the consequences

The MEANINGS of the 5 HUMAN VALUES

Love: Love is to share and care also known as sharing and caring.

Peace: Peace is to stay calm and silent in bad situations.

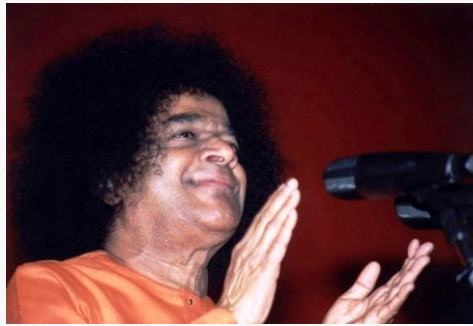
Truth: Truth is to speak honest words.

Non-Violence: Non-Violence is to not harm anything or anyone.

Right Action: Right Action is to do the right act at the right time.

Harini Muddapu
SSE Group 2
Jax Satya Sri Centre

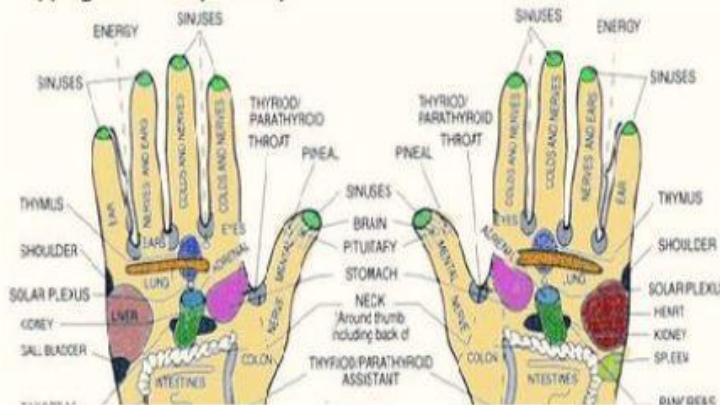
Living Our Values Everyday



The importance of clapping in bhajans

Sudhanshu Deshpande Group 4

Swami says that if we aren't playing an instrument then to follow the bhajan and especially to clap. Why should we clap? What is so important about simply hitting your palms together that Swami emphasizes we do? Swami said in an interview that clapping your hands while following a bhajans is an extremely crucial thing to do. The science behind it is that clapping your hands makes your palms sweat, which evaporates and later condenses into clouds, which rain and make plants and trees grow with fruits and vegetables for humans and animals to eat. "Take for example, there is a tree. It is full of birds. They make a mess all over. How to get rid of these noisy ones? You should clap loudly. Similarly, in this tree of life, there are birds of desire. The heart therefore becomes dirty. In order to cleanse it, do devotional singing (bhajans) and clap, similarly sing the names of Govinda, Gopala, Narayana aloud, and clap your hands vigorously so that birds of Evil Passion, the Kama, Krodha, infesting your mind shall fly away. Make your Life worthwhile". Kodaikanal discourse, April 12, 1996- Sathya Sai Baba. Another scientific aspect of clapping is that it also hits certain pressure points in our hands which are connected to our nadis (energy system) which causes them to activate. Clapping also creates positive energies which creates a much more spiritual surrounding in bhajans. Below is a picture of the certain pressure points which active our body's energy system and what body parts can be strengthened. Clapping can be very healthy!



Living Our Values Everyday

Samarpan

By : Anjana Krishnan,
Group 2 SSE, Raleigh, NC

This year in SSE we learned about time management, light meditation, Art Ong JumSai, how to save our resources, positive thinking, Golden hearts and black marks story.

One of the things we learned in SSE was the light meditation and we learned a lot about Art ong JumSai. One of the stories about him took place in World War II. He was just a baby, at that time his family was living in Bangkok, when the Japanese started bombing the military barracks. Since his grand father was a colonel in the Thai army, their family had a house in the military barracks. The military barracks were the main target for the Japanese soldiers. During this crucial time a man came to their house and gave the mother a packet of Vibhuti. She curiously looked inside the bag and there was something that looked like white sand. The man said to sprinkle this white sand onto the roof. At the end of the war, there was only one house left all of the other houses were bombed. Then many years later Dr. Jumsai was addressing the Sathya Sai Summer courses when he was narrating this incident about the man giving his mother a packet of white sand. Swami actually started laughing and he said it was not white sand it was vibhuti. Vibhuti save Dr.Jumsai and his family's lives.

In class we also talked about Time management and I used to not notice how much time I used to waste so we got a chart that said like when we wake up and for each hour what we do and we had to fill that up and bring it for a month. I learned that every hour is precious and that every little thing is valuable too.

We learned about positive thinking too that helped me because I learned that when you really put your mind to something and you work really hard towards it, it will happen. In SSE we read a story about how a girl was being very mean to her family and to everyone. Soon she got some type of magic that allowed her to see golden hearts and black marks. She noticed that she had put so many black marks on people and she tried to do nice things.

Living Our Values Everyday

What I learned in Group 3 was to not get distracted and to listen to my inner voice. I took small steps to not get distracted by focusing on an object or one thing to bring my focus back. To listen to my inner voice, I meditated and made sure to call on Swami whenever I did something. From this, I learned to connect with my inner voice. I am very grateful to be in Balvikas, and to learn so much about Swami and His teachings.

- Smrithi Murali , Group 3, Raleigh

A Spiritual Story.

Having Faith in God

Once upon a time god came in a form of lord Krishna. A man had many struggles. The ~~god~~ was always showing a doubt if god was listening to his prayers. After this Krishna was very upset when he heard this. So Krishna made a plan. One day Krishna came as a priest to the man's house. The man opened the door and kindly told the priest to sit in the chair. After the priest sat down the man told the priest all his problems and told the priest how prayers he gave to god. After he finished the priest said "do you have faith in god?" After the priest left he thought about the question. Then and there the man realized that the faith in god is irresistible.

Moral: Having faith in god is very powerful.

Havini Muddapu
SSE Group 2
Jax Satya Sri Center

Spiritual Person =

Love
Right Conduct
Divine
Peace
Non-Violence
Truth
Om
Shanti
Shanti
Shanti

Havini Muddapu
SSE Group 2
Jax Satya Sri Center

Living Our Values Everyday

Golden Hearts and Black Marks

This year in group two SSE, I have learned many ways to get closer to Swami and become a better human being. One topic that really affected me was the idea of golden hearts and black marks. We were told the story of a girl who was mean to her mother and didn't know what she was making her mom feel like. Every time she said something disrespectful she left a black mark on her mother and on herself. She would be disrespectful almost everyday. One day, she looked in the mirror to see herself covered in black marks. A wizard who came in her dreams told her that every time she said something disrespectful, she would leave a black mark on herself and to whomever she was disrespectful. The next morning she woke up to see her mom covered with black marks as she went over to say sorry for being so mean to her. After the apology the black mark on her mom turned into a golden heart. As she went throughout the day every person who got a black mark from her was turned into a golden heart. From this story I learned to think twice before I say anything, so I would not leave any black marks but instead place golden hearts on everyone.

Pranav Dasana, Group 2 , Raleigh, NC

Service is Great
By: Adithya Chakka

You should do service because you can help people. Service does not have to be a huge event. Service can just be spending one hour making sandwiches for the unfortunate or volunteering at the food bank. Service can even be just helping people with simple things. My favorite quote is serving hands are better than praying lips. The meaning of the quote is service will always be greater than praying. One hour of service will trump 10 hours of praying. That does not mean that praying is bad though it means that praying is good but service is better. That is the meaning of the quote and how service is great.

Living Our Values Everyday

Faith

Sairam, this year, one of the most important topics to me was faith. I felt that faith was so important that without it, you would not be confident in yourself, you would not be able to try anything, you would not trust your friends, and you would not be able to do things with other people. Faith in God is important to me because I always talk to swami. I know He is always there for me. If I am feeling sad, I know for a fact that I can talk to Swami, and He will make things better for me. If you are scared to do something, the most important thing you can do to change that, is to have faith in God. Whenever I have a test, or something important to do, I always trust Swami that He will help me do well. Something that we worked on in class this year, was teamwork. In order to do this we had to have faith in each other. When we completed these activities we all knew that we had faith in each other. One of these activities was the trust fall, but in order to do this, the person that was going to fall had to have faith in the person that was catching him or her. Another activity that we did was an obstacle course, where one person was blindfolded. That person, that was blindfolded, had to have faith in us, so that we could lead them safely to the other side. Swami says to always have faith in him. Everything starts with faith. If you have faith in people, you will learn to love them. If you love them, you will always tell them the truth. If you tell them the truth you will be at peace with them. If you are at peace with them, you will not be violent, and if you are not violent you will always have right conduct. Therefore, faith unites everyone and everything in the world. Swami says "Where there is faith there is love, where there is love there is peace, where there is peace there is God, where there is God there is bliss." I have faith in my friends, my family, and most of all Swami.

I have Faith.
It is in my friends,
Until my life ends.
In my family,
I have it extraordinarily.
I have faith in Swami,
And Swami keeps faith in me,
After all, without Faith, where would I be?

"Faith is like WiFi, you cannot see it, but it has the power to connect what you need!"

"When god pushes you to the edge of difficulty, have complete faith in him. Because only two things will happen, either He will catch you or He will teach you how to fly!"

- Samhitha Sridhar
Group 2 SSE

Living Our Values Everyday

Prateek Kumar
Group 2
April 9, 2018



Baba and his teachings play a big part in my life and you will find out how he helps me in this short paragraph.

Balvikas has taught me a lot of things this year like not to waste money, time, energy, food etc. My faith in God and prayer has increased. These days I do my daily prayers in the morning after shower and bedtime prayers at night. Before I never use to manage my time wisely. I would sit around doing nothing, but now because of Baba's teachings and his influence on me, I read a book or play basketball during my free time. I help my parents around the house with small chores and I help my dad to keep the garbage and recycle container outside for pickup each week. I have also stopped wasting food since food is GOD. I finish my food in school without wasting it. Balavikas teachings taught me about not wasting money. The money I would have spent on toys now goes to my piggy bank—next is to open a bank account and start saving.

In conclusion I would like to say that Baba and my balavikas teachers have helped me become a better person in many ways this year in group 2. I look forward to more learning of Baba's teachings and putting them to practice in the years to come...

This year of SSE is my last year of group three this means at the end of this year I will be moving on to group four. Since I will be moving on this year I learn many things that will help me with my daily life and greatly help my future. What I learn in class that I found greatly influential for my future are S.M.A.R.T. goals. S.M.A.R.T. goal is a method or a step by step to help you to achieve your goals. S.M.A.R.T. Stands for Specific, Measurable, Achievable, Relevant, and, Time limited. Specific help you determine what your goal is specific and not something board. Measurable is how you can determine if you have achieved it or come close to it. Relevant is to see if it makes sense. Time limited is to see how long it should take. This greatly helps me achieve some of my goals for school and etc.

Eshwar Gopal -Grp 3

Living Our Values Everyday

Love all Serve all.

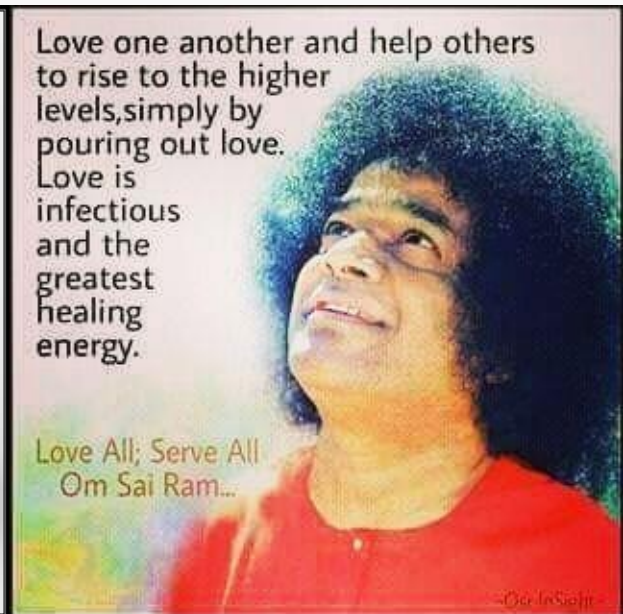
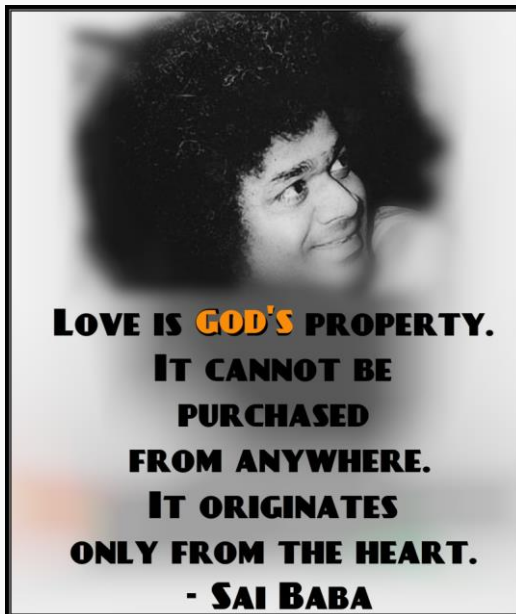
So simple, yet so profound. A straightforward meaning, yet so difficult to practice. In today's world, it is so easy to preach love all serve all to people, but the real challenge is to remember to live that very message. Here's a small story.

At the Regional Retreat last year, one of my close friends desired to make a "pact" that for the next three days, we would not utter anything negative about another person. Because I wanted to challenge myself further, I made a resolution at the retreat that I would practice "Love all Serve All" to the fullest by not talking bad about anyone nor criticizing them or their behavior. That very summer after the retreat was when I ran into some major issues with my friends and I quickly came to a realization that Swami wanted to test my resolution. I cannot say I was successful, but I can certainly say I was successful in giving an honest attempt in practicing my resolution.

Love all Serve all has no exceptions, as mentioned above. Falling into the realm of making exceptions to live this message is very easy. Sometimes, we may say "Love All, except for the people that hurt us" or "Serve All, except for people who do not agree with our beliefs". A couple weeks ago, I was listening to a discourse by a devotee and he mentioned that Swami used to say "it's very easy to love a person who has done no harm, but the day you love someone that has inflicted pain to you is the day you truly become My instrument".

Manasi Krishnakumar

Group 4



Living Our Values Everyday

I have been in group two for 3 years and many things have impacted my life, but there is one that I will remember forever. It was a video about a school, but not just any school. This school changed my view of many normal things forever. I obviously knew not to waste food and I knew the value of it, but I never really thought of all the other things that I take for granted.

The main goal of this school is to teach kids, not only subjects, but how to be a good person and the human values. Some things these people do to help the environment are, riding bikes to save energy (even the teachers). They even have their own farm where they grow their own food. In addition to being conservative and watchful of normal things, they are also sincere about worshipping. The students wake up early (5:30) and recite prayers.

I have been changed by this video, I won't be able to grow a farm, but I do appreciate the food that I am given. I try my best to take only what I can eat and waste as little as possible. Another thing I never thought of was water, we use water throughout the day. For example, when I shower, I try to use a set amount of water. I hope that we can all one day be like these students and change ourselves for the better.

Video- <https://www.youtube.com/watch?v=roEWITbOxic>

-Ranjani Sathyan

In group three, we have learnt many things. The one thing that has stuck out to me the most is the inner voice. Inner voice is the voice inside you that tells you to be cautious when you are doing things. It cannot be shown or expressed. It is the voice that is guiding you to the right path and tells you what is the right thing to do. For me, inner voice represents swami, because He leads us to a good path and tells us the right thing to do. For example when you are doing your homework or any other task, you can be easily distracted by the outer world (such as electronics or any sort of distractions) and so you have the desire to use/do those things; however, your inner voice is your inner conscience/ inner Sai which is telling you not to get distracted and to mainly focus on that one goal. If you listen to your inner voice, you can easily follow Swami's path.

Guiding Quotes:

"Ignoring your inner voice is ignoring Swami".

"Your inner voice is the path towards attainment".

~Kanousa

Living Our Values Everyday

Swami's Omnipresence – He lives in our hearts!

Sairam everyone!!!!!! My name is Vishu, and I am in Group 2. If there's anyone to thank for my so far wonderful life, it's Swami. From birth to now, Swami is a friend and guide for our family. From my first 3 Group 1 years, we were learning about the 5 human values. Listening to a quote my SSE teachers had said back then, "God is omnipresent" I always wondered, If Swami is real, why can't we see him? There is a simple answer to that. As he himself says, Swami is omnipresent. I have felt his omnipresence throughout my life, and thus believe it to be true. Here are some wonderful experiences given by the Lord himself that have helped me understand in depth Swami's omnipresence.

In last year's summer break, I expected it to be just a normal summer break like all my previous ones, but a lot happened. I traveled to Chennai to meet my grandparents. I found a 30 year old harmonium and was curious to try playing it. I put an effort to learn by watching lessons in my tablet. To my surprise, I was actually successful in playing to some extent. With encouragement from elders, I gained more confidence. One day, during bhajans at my grandparent's home, I had a thought that I should be the only player for that day. The bhajans started and my harmonium suddenly stopped working. Wasn't it surprising how Swami had made it not work just right when I had prayed that I should be the ONLY player of the day?. This had proven to me how ego shouldn't be cultivated in the mind of anyone.

We always go to Puttaparthi to spend a portion of our summer break. We were going to buy cakes inside ashram while I spotted Radiosai building. I asked my mom if we could go there instead of waiting for the cakes. I had always been very interested in their website. When we went in, we got a glimpse of the room where radiosai recordings are made. I had an intense desire to meet one of the mandir singers but couldn't meet them. So, I was very upset. That night, I was gifted a book titled "Living with God" from one of our family friends in Parthi which had all experiences of mandir students with Swami. When we ask Swami for something, He may not grant it, but he gives something equal in goodness to make you feel happy.

This had taught me to pray sincerely and with a good heart. Swami may be invisible, but he is inherent in everyone and is omnipresent. I offer this article at Swami's lotus feet. Sairam!!!!

- Vishwajith Venkatesh
Group 2 SSE

I am in you, with you, around you, above you, below you.
There is no place in this Universe where God is not present
- BABA

Living Our Values Everyday

RESPECTING THE ENVIRONMENT

By. Krishna Mariwalla

Sairam. Pranams at the lotus feet of Baba. I am from the Raleigh Sai Center. This year, one of the many topics we learned about was, " how to respect the environment". In this article, I will describe why we should respect the environment, what Baba says about respecting it and what each one can do to respect the environment. Why should we respect the environment? Nature is the main source of human survival. It gives us shelter, food, water, fuel and several other things. Especially in the US, our awareness of the problem with plastics is really poor. Not just that, every year, Americans use more than 90 million tons of paper and paperboard. That's an average of 700 pounds of paper products per person each year. Don't you think we should do something to give back to the environment?

Green trees: are most precious resource.

Every day, about two million trees get cut down worldwide. So, every year, about 730 million trees get cut down! We should plant one tree for every one we cut down. Not only will that save the environment but it will give us more food and oxygen. Plastic in the Environment- A Big Menace! Also, we can use reusable bottles instead of plastic bottles. It takes one plastic bottle about 450 years to biodegrade. About 50 million plastic bottles are not recycled every day, only in the U.S! If we use reusable bottles instead of plastic bottles, we will save so many resources and land. The more plastic bottles we use, the more land we will have to use to keep them.

What is Bhagawan Guidance:

Baba says a lot of things about respecting the environment. He says respecting the environment is important because we need to keep a balance between animals, plants and humans. This will let us live happily together on one planet. He also says that you can make your days on Earth a path of flowers or thorns. This means that you can make your time on Earth a good time or a bad time. We can stop harming the environment and have a good life or we can not do anything about it and have a bad life on Earth.

Living Our Values Everyday

Continued from last page

As responsible citizens, you and I can help to remedy the environment in our own way:

- save water by not wasting it by taking a shower for too long.
- switch off the lights if you are not using an area for more than five minutes.
- private and public vehicles can avoid idling their engine needlessly
- reduce wasting paper by taking prints only when really required
- starting to reusable bags especially paper instead of plastic
- use recycling bins for appropriate waste

Saving water helps the environment and you. It helps the environment because it diverts less water from water bodies. It helps you because you pay less for your water bill. Turning of lights conserves electricity and you have to pay less for your electricity bill. If you hurt the environment you actually get hurt. For example, if you cut down trees, there will be climate change and we will have a lot of natural disasters. Nature has feelings too. Trees are living things. What will you feel if you got cut in half. Some villagers in the State of Assam, in India, started the inspiring Chipko movement, to protect the trees and forests in their region, in a non-violent manner. They hugged trees so that people couldn't cut them down.

I think it is important to respect the environment. Now you know why to respect it, what Baba says about it and what you can do to respect the environment. Let's begin today, in our own small way! Each one's effort counts – a small beginning can grow into a major drive and Save Our Environment!

SAIRAM

Living Our Values Everyday

Practicing Swami's Values in Real Life

Neeradh Surapureddi , Raleigh, NC

"The fundamental human values all emanate from Dharma, based on truth. If human behavior has no such basis. It leads to disaster. - Sathya Sai Baba.

Over the course of this year, Krishna Kumar uncle, Nalini aunty, Gangadhar uncle and Ardra akka have been teaching in our group 3 SSE class how to apply Swami's values in complicated situations that we encounter in our daily lives. This year they taught us how to get connected to inner Sai by communicating daily with Swami. Another valuable lesson they taught us how to be successful in our goals by believing that I can do anything with Swami by my side. developing the skills I have, and never give up attitude.

It had reminded me of a similar experience that I had last year. I was in middle school at the time and it was near the end of the school year, April. It was around the middle of the day and a few friends and I were bored sitting outside waiting for recess to end. While we were all there, one of my friends offered us a challenge. We were trying to see who could be the most accurate with a rock. They had drawn a target on the brick wall at the bottom of hill and we tried to hit it. We all took our turns missing the target, but nothing was seemingly getting out of hand. We all threw again until it came back around towards my turn. When I had thrown. I lost control of the rock and it spiraled off left in the assistant principal's office window. All of a sudden, everything became very chaotic as all my friends began running and panic had ensued as we saw the vice principal stand up through the window and began scanning the area. trying to find the person who broke her window. All my friends, had told me to hide and not tell the teachers that I had broken the window. Nalini aunty and Krishna Kumar uncle had told us that no matter how difficult or terrifying the decision may seem always make the decision that followed Swami's values. So instead of hiding and lying about the incident, I ran over to the teachers and immediately confessed about the broken window. At this point, I feared the repercussions of my actions. How I would I be punished? How mad would my parents be? but I knew in my heart that I had done the right thing by being honest about what had happened. Some of my teachers had seemed upset with me, while one teacher was actually quite surprised by my honesty.

Living Our Values Everyday

Practicing Swami's Values in Real Life

Neeradh Surapureddi , Raleigh, NC

She said that she had taught a lot of students in her time as a teacher, but she didn't think any one of them would have done what I had done. We continued to the principal's office and I was worried what he might do, but even he seemed surprised after hearing the teacher's account. They let me go and didn't punish me. I realized that even though I had done something bad, listening to my inner voice, Swami, I had made the right decision and done something good in response. I understand that there could have been a different way that could have played out that didn't end with my actions not being punished, but I was honest and truthful about what I had done, and it turned out to help me.

“Before us lie two paths – honesty and dishonesty. The shortsighted embark on the dishonest path; the wise on the honest. For the wise know the truth; in helping others we help ourselves; and in hurting others we hurt ourselves. Character overshadows money, and trust rises above fame. Honesty is still the best policy’

- Napoleon Hill

Swami was hidden somewhere in my heart, and I only realized his big role in my life after I came to this class. Swami quickly surrounded my life, he was everywhere. I was only in the class for barely half the year, but I've learned a lot. I learned many qualities from this class including discipline, focus, and how to control my habits. I realized how distractions including internal and external can play part in my life. I now know how to set aside these distractions and focus on my small goals I create for myself. Whenever you strive to reach your goal it's important to start off by saying to yourself that you can do it with swami by your side, and as you accomplish more you want to use those skills you've developed along the way. Sometimes there are hurdles, or those little obstacles that block your path. You should always keep going, and never give up. Keeping a positive attitude, focusing, controlling your habits are just few of the things that you can do to reach your goal. In whatever you are doing it's important to keep Swami in your heart and in your brain, and then Swami will come and help you when you need it.

Hamsini, Raleigh Sai Center Group 3.

Living Our Values Everyday

Connecting with Swami

This year one of the main topics we covered was connecting with Swami. We started off with an activity wherein we went to a room alone and talked/prayed to Swami. Another topic that we learned was having Swami as your inner conscience. This really helped me understand that he is always there for me and knows what are the right and wrong decisions. From that time, my teachers helped me relate everything we were/are learning, with Swami.

I can relate to this from my own personal experiences. Swami is and has always been helping me in many ways. He is always supportive and guides me in the right path and helping me get through all my difficulties and obstacles. I believe that Swami is always with me, making me calm through meditation and prayers. He helps me think positively and keeps me in good morale when I am brought down by something. Swami encourages me to sing and listen to bhajans. Bhajans have always inspired me and calmed me down. I also feel blessed whenever I get an opportunity to serve *vibuthi*. It makes me happy and feel very close to Sami.

Another topic that was a good learning experience for me were morals and teachings of Swami and how it could be related to the five values that we were taught in the class. These values have taught me to not just connect with Swami but to be a better human being overall.

Harini Sivaraman

Group 3

Ragasri Dasana, Group 4

Swami told us what values to follow- it is up to us to translate those values into modern life. The very first thing we should consider: Swami says 'love all, serve all'. He does not say 'love all except Muslims' or 'love all except gay people'. As people who have to keep up Swami's message, we have to be tolerant and accepting towards everyone. In the same way, we should not judge people for the choices they make. For example- if a woman is clothed from head to toe, that is her choice. If she wears shorts and a tank top, that is also her choice. It does not make her a bad person- and it is vile for us to judge her based on that. It is perfectly fine for all of us to have our own opinions- but we should not force our opinions on other people. I know that Swami never explicitly addressed these issues, but I know within my heart that he wants us to be loving and nonjudgmental to all, no matter what choices they choose to make.

Living Our Values Everyday



Controlling My Monkey Mind

By: Prem Krishnamurthy

Almost every day when I sit down to do my homework, my mind wanders and causes a ruckus in my day. Why I wondered, and how do I get it to stop?! The monkey in my mind encourages me to procrastinate tasks by jumping from one task to another. This prevents me from truly focusing or really thinking about anything at all.

I realized that distractions were the main reason for procrastination. I also realized that I could never stop having distractions, but I could control my reactions to them. In SSE class, I learned about the two types of distractions, internal and external. I learned that internal distractions come from inside and are usually feelings like jealousy and curiosity. External distractions come from your environment, such as electronic devices and people around you.

The main way I avoided external distractions was to simply escape. This basically meant that I tried to get away from things that distracted me. If the television was a distraction, I would attempt to work in another room. If I was distracted by phone games, I turned my phone off. If hunger distracted me, I got something to eat. This method was simple, but very helpful for me.

Internal distractions are harder to control than external because I just couldn't run away from them. I could, however, avoid being succumbed by them by meditating and trying to focus on an inanimate object. The video in SSE that we watched of a professional athlete, demonstrated her method of calming her mind by focusing on an autumn leaf. I hope to continue to apply what I learned in SSE this year to calm my monkey mind so I can get all of my homework done! Sairam.

Living Our Values Everyday

How To Remain Calm By: Raj Krishnamurthy

In S.S.E. this year, I have learned many of Swami's inspirational teachings. Recently, in Group 3, I have learned how to set S.M.A.R.T. goals. S.M.A.R.T. stands for Specific, Manageable, Actionable, Reasonable, and Time-Bound. My S.M.A.R.T goal, was to remain calm, despite being in stressful situations, for at least a week. But, I had no idea about how difficult my S.M.A.R.T goal would be!

When my calmness was put to the test, especially when I had to work on a lot of assignments, or forgot to do a task. I stayed calm by using one of these three helpful strategies:

- Be Proactive- Being proactive is to, Stop, Think, and Act. When stressed, people just act with no thought. With this technique, you can ask yourself an important question, "What is the purpose of being stressed?" This allowed me to realize that there is no need to get stressed and I remained calm.
- Drink Water- When drinking water, studies have shown that it can calm you down, and water does. When I drank water, I immediately felt my cloudy mind clearing up. This allowed me to remain calm, once again.
- Think of Swami- Swami is always there when you need him. All I had to do was think of him and say in my head, "Swami, allow me to be calm" and my problem would be solved. I have often hummed or sang a bhajan in my head when ever my calmness was threatened.

Due to learning Swami's teachings in S.S.E., I have remained calm when under stressful pressure.

Living Our Values Everyday

How Balavikas has helped me do better at competitions

I go to lots of competitions throughout the year, whether its a Quiz Bowl Competition, a Math Competition, or a Cubing Competition. Even though what you do in each of these competitions are different, the way you have to work during the competition is always the same. Before this year of SSE classes, when i would compete, I would lose focus really easily. I would answer a question, and my mind will start wandering off really fast. Then one day in class, we saw a video from a shooter who talked about her way of focusing during a competition. She would focus on a small thing that doesn't make you feel anything, so that your mind doesn't waver off that object. From then on, I have used whatever I learned during my competitions. For example, I went to a Quiz Bowl Competition a couple months back. Before each game, I would calm down, pray to Swami, and just think about a solitary rock. Just a rock sitting on the ground doing nothing. This helped me focus better and do well during the game.

Pranav Krishnakumar
Group 3

My Journey in SSE

SSE has always been a fun and valuable class for me. I have learned many life lessons such as SMART Goals, types of distractions (internal and external), listening to the inner voice, ceiling on desires and many more. One thing that I would like to take from this class is SMART goals. This is the acronym for Specific, Measurable, Achievable, Relevant and Timely. I have learned a lot from this and it has made my work easier and interesting. We have learned that to achieve a long-term goal, we need set several short-term goals. For example; a long-term goal could be speaking the truth to everyone. To achieve this goal in an easier way, you could first speak the truth with your own family members. Then you could now start doing it with people who are second closest to you like family friends and teachers. Then you could start your long-term goal that is being truthful to everyone. One of my goals is to speak the truth to my parents. This goal was extremely difficult for me because once you lie you would always have to remember that lie and make up a new one. Sometimes I would run out of lies and would just give up and end up in telling the truth. SMART goals have been helping me with my goals and has transformed me into a different person. Now with that in mind I would want to take more challenging goals.

Sai Charon Manickam

Group 4

Living Our Values Everyday

Sairam! My name is Srinath Jayaraman. I am in my first year in SSE group 2 and I am really looking forward to the rest of the year! One topic we learned was faith in God. I never really thought that one day Swami would save me and my family. But, one particular day Swami did.

It was a windy October day and me and my dad had just finished doing our evening puja. That day my two sisters were planning on going to a party and I was eager to go too. As I came downstairs, my mother asked "what are you doing kannu?" I was really confused what was she talking about? "I am ready, let us leave", I replied. My mother replied, "children, you are not coming. You will be the only child there. You can stay home with Appa and have fun". After they left, I thought I smelled something burning. I sniffed again and still smelled the burning smell. I told my father and he said to go check in the puja room. There was smoke everywhere. Holding my breath, I went to the back of the room to the big Altar of God. Sure enough there was a small fire growing from the incense stick. "Appa!", I yelled. He came rushing downstairs, "what happened?" he asked. "Come here!" I said. "Sairam!" he said. He put out the incense stick and rushed to the kitchen sink with the incense stick holder.

Later, when my sisters and my mother came home, they listened to our story with awe. "Had you come with us", my mother said, "Swami would not have saved us. You also had quite an adventure! Go to Swami and do namaskaram and thank Him".

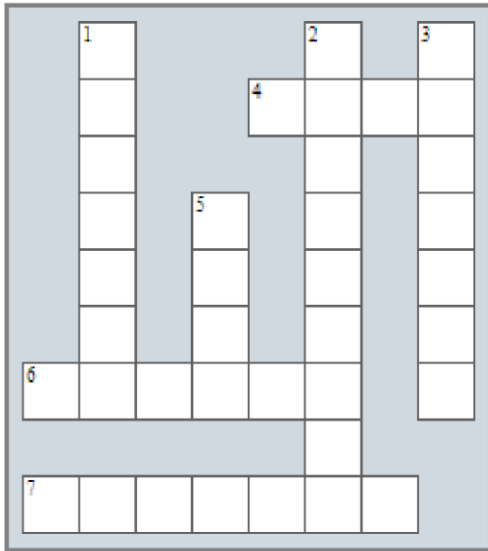
Ever since, I have had faith in God and whatever I do, Swami is always involved with it. I learned that, even when I do not know it, Swami is always on my side.

Srinath Jayaraman,
SSE group 2, Raleigh Sai Center

Games & activities

Ramayana 1

-Shruthi Chevala Group 2, Jacksonville



Across

- 4. Eldest son of King Dasharatha
- 6. He came in disguise of a beggar
- 7. Monkey Friend of Rama

Down

- 1. Brother of Rama who ruled the kingdom on behalf of Rama.
- 2. Brother of Rama who accompanied him to the forest.
- 3. Wife of Dasaratha who insisted him to send Rama to forest.
- 4. Wife of Rama.

Across

- 2. Love for God (8)
- 3. Start -----, Drive Slowly, Reach Safely(5)
- 4. Symbol of Zorastrianism (4)
- 5. Devotional songs (6)
- 7. "T" in WATCH (7)
- 9. Devotee of Lord Rama (7)
- 10. See No ----- (4)

Down

- 1. ----- All, Serve All(4)
- 2. Offerring (Clue : One of the 5Ds) (10)
- 6. "A" in WATCH(6)
- 8. Symbol of Buddhism (6)

Rishabh Shankar Iyer
Group 1

Games & activities

L I F E I S A G A M E P L A Y I T

Word Search

ADHARMA SMNIGKCFD JHGTYU IOLK JGRY IOLIT
 LOVEFGMWSHANTI HGGJGFRYIKUGB KLIKGTU
 RESOURCESALJHGFD SAQWERTYUIOPMNBVCX
 GEMNBVCXMASDFGHIJKLPOIUYTREWQTIMENB
 MHSJHGFDIAQWERTYUIOPEACENONVIOLENC
 SATHPABABAKIMNJIUYHNBGTRFVCD EW SXZAQ
 SATHYAEMNBVCXZASDFGURUKJHYVIBUTHIHH
 VGYINKRICHNAMNBHJKLIFEDERFGYTREDSSE
 SEEGOODIKITYTBEGOODGTYUIOPDOGGOODNF
 RESPONSIBILITYGHYUIOLKJNMBVFRTYUIOPB
 VGIVENHYUNBVFD SERVE MNHJUYBNVGTENM
 NHJUYTREWISENESSNBHIMNBVCMBVCXZAD
 RBVFN ERGYNB GHYTRUTHMNIKMNBHUNVFR
 ANBHIOLKJHUI MDSA FGHJKLMNBVCXZQWERT

WORDS

Swami Love Time Respect Peace Non-violence Dharma Shanti
Sathya Baba vibuthi Guru Krishna Life SSE See good Be good Do
Good Responsibility Serve Give Resources Wiseness Energy Truth

Siri Rahaman

Group 2 SSE

BY: ASHVIK PEDDAPALLI
 SSE GROUP 2
 4/15/2018

ASDDFRFYJTHEGFBRHJYTJKUKIULOUUIMNVCSAWERTYUJINHGGFDS
 ERGRGRFDCCDFVFTHYJJUJYHYGFDSLKGUCYBHKSAIBABAKJGCVBN
 LOVEALLSERVEALLKJFNEDUERHFNFJHSGDFKIFGUENSHAGTDSHKEDK
 AJGFGFRKNYEVJJOEJVVJFOJFOLMKKEFSDFDERTYUOPLIKJNMNONDGR
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 VKJFNHGIOTJUTHGHFHDKVJVVJFFJFVJFKDLDFKJGFGJGJMTRUTHHJ
 ERHUFJG GKGKGNFJGJGJGJKDKFRITUTYJFJGJFJNNSJDDJDFJFJKGIR
 TIMEWASTEISLIFEWASTEKODLHFJFMEKMEKJREJRURHRFUEYEQWIDOL
 KFIFJFGKGGKGGGKGLGITIGNGJGNDMSDDMMMSMAMSFHFRESORCESOPOL
 TRIUTHHFJURJRNHFJFDKSDJDFJFURIRIEJDCNVB CMDJEJUUDEHRJU
 HMJJJFGJGJGJGJGJFKFEMPATHTYFJFRKRLRIFNFVJFKGJFJSDWQM
 FGJFGJGNEGTJGETJGETJGETJGETGPOWEROFFRAYERSLOMTGMJTGOT

WORD BANK

- EMPATHY
- LOVE ALL SERVE ALL
- LOVE
- TRUTH
- POWER OF PRAYERS
- SAI BABA
- TIME WASTE IS LIFE WASTE
- ALWAYS SPEAK THE TRUTH
- RESOURCES

Games & activities

Ishaan Verma		
Group	1	Date: 04/06/2018

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

BABA	DISCIPLINE
FAITH	PRAYERS
MEDITATION	BHAJAN
GLORY	HEART
ANGER	FEAR
HAPPY	EMOTIONS
FEELINGS	NAMASMARANA

Games & activities

Sairam,

My name is Saanvi. I am group 2 student in Balavikas. I enjoy going to SSE. I like the way teachers teach lessons through games and role play. All the lessons, Time Management, power of prayers, positive thinking etc that we learnt this year has really helped me in my daily life. Let us go over what group 2 SSE learned in a fun way. Solve the puzzle below

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

FAITH
POSITIVETHINKING
POWEROFPRAYERS
RESPECTFUL
RESPONSIBLE
TIMEMANAGEMENT

Saanvi Javaprakash

Games & activities

Quiz on Ramayana

During Rama Navami, I came up with this quiz and we discussed about it in SSE class.

CHOOSE THE CORRECT ANSWER

Q1. Dasharatha does this yaga to pray to the gods and gets four sons

- a.Ashwamedha b.RajaSuya c.Putrakameshti

Q2. Dasharatha was the king of this kingdom

- a.Vijayanagar b.Koshala c.Mithila d.Indrasprastha

Q3. Ravana's sister lived in the forests of panchavati , wanted to marry Sri Ram

- a.Sumitra b.Mandodari c.Shurpanakha d.Sita

Q4. Ravana wakes up this brother to help him out in the war.

- a.Vibhishana b.Khara c.Dooshana d.Kumbhakarna

Q5. Who wrote Ramayana?

- a.Sage Viswamithra b.Sage Vysya c.Sage Agastya d.Sage Valmiki

Q6. In which part of Lanka did Hanuman find Sita?

- a.Ashoka Vana b.Kanda Vana c.Danda Vana d.Pampa Vana

Q7. Which brother of Ravana joined and helped Lord Ram?

- a.Kumbakarna b.Vibishana c.Indrajit d.Sugriva

Q8. What did Hanuman show to Sita to prove he was sent by Rama?

- a.Rama's cloth b.Rama's Necklace c.Rama's Earring d.Rama's Ring

Q9. Who were the sons of Rama?

- a.Taksha,Pushkala b.Vibishana,Ravana c.Luva,Kusha

Q10. Which lady tasted the fruits before giving to Rama in the forest?

- a.Sita b.Sabari c. Shurpanakha d.Ahalya

Answers

1 2 3 4 5 6 7 8 9 10.
b c b c c b c b c b

Sai Samarpan

I get immense peace and joy listening to bhajans sung in praise of Swami. To me, Sai Samarpan is ...

Sathyam Jnanam Anantham Brahma

Amba Mandahasavadani Manohari Sai Jagat Janani

Ishwar Allah Ek Thumi Ho

Shiva Shambo Shambo Shiva Shambo Mahadeva

Amba Bhavani Shiva Shambu Kumara

Mandara Maladhara Jaya Gowri Shankara

Aananda Sagara Muralidhara

Rama Raghuvara Rama Sita Rama Rama Ram

Pasupathi Tanaya Bala Gajanana

Anupama Sundara Nanda Kishora

Nataraja Nataraja Narthana Sundara Nataraja

Jai Sairam

Praneil Kumar

Group 3 , Raleigh, NC



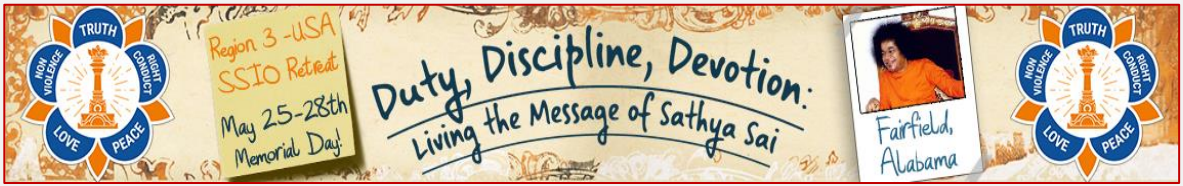
Yoga: Why do you think Swami gives so much importance to yoga? Did you feel any changes in your body or mind while you were doing it?



Workshop with Dr. Joe Phaneuf: What lesson that you learned can you tell people so that not only you, but others, can follow?



Art project and play practice: Do you find that art in any way can help you in your daily life? Can you think of any suggestions for any other activities like art? After going through all this practice, do you understand why Swami stresses on practice and excellence in whatever you do?



Carnival & Games : What values you observed while playing games ? What is your most favorite game(s) ?

SSE Exhibit: Seeing how much you did in SSE this year, what is one thing that you are truly proud that you have done or learned through SSE or Sai Center?



Meeting Dr. Gyamsto: What did you find interesting that Dr.Gyamtso said? What is one thing that you will try to implement in your daily life?



SSE play: You are the torch-bearers of Swami’s message. After seeing how much of an impact Swami has had on the world and your life, and how little resources he had, what can YOU personally do to ensure that you all can be the messengers of Swami’s message for hundreds of years to come?

Workshops : (Balu uncle/Arthi aunty/Anu aunty) What was something that you found to be exciting and fun?

NOTES :



Duty

Devotion

Discipline

It is only when these three D's- Discipline, Devotion, and Duty- are together and firmly implanted in your heart, that your heart will be able to develop into a sacred one.

- Swami

