


Loving Salutations at the
divine lotus feet of our dearest
Bhagawan Shri Sanjay Sai Baba


Dearest Prema Putras of Soul blossoms, loving
Sairams to each one of you.

• It is said that **Values** are **caught** and not taught. There are more than **80 values** and **sub values** listed. **Success** of our learning in **Soul blossoms class** in terms of deep impact on the **mind** and **heart** of us depend mainly on how we put in to **practice**. Let's begin with a simple yet powerful **act** in this **September** month on

"Speak Politely" and "Lovingly"
to everyone starting from our parents and family to extended communities.
Here we go from **Can I To I Can**.
OUR gratitude to Bhagawan Baba for Showing us the path.

Twam Sharanam Mama.





Pray for Bhagawan Baba:

Loving Pranams at the lotus feet of our dearest Bhagawan
Dear Bhagawan Baba, we offer today's class at thy lotus feet.
Please Guide us and Guard us to realize eternal education.

भगवान बाबालाई प्रार्थना:

हाम्रो प्रिय भगवानको चरण कमलमा प्रेमपूर्वक प्रणाम ।

भगवान बाबा हामी आजको कक्षा हजुरको चरण कमलमा निवेदन गर्दछौं ।

कृपया पथप्रदर्शक र रक्षकभई हाम्रो यो अनन्त तथा निरन्तर शिक्षा साकार पारिबक्सियोस ।

01 Opening:

3 x Aumkaar

3 x Sai Gayathri Manta:

Aum, Sai Thrayaya Vidhmahe

Sanjay Babaya Dheemahi

Tanna Sarva Prachodayath.

1 x Ganesh Mantra:

Bakra Tunda Mahakaya

Suryakoti Samaprabha,

Nirbighnam Kurume Devo

Sarva Karya Su Sarvada

1 x Guru Mantra:

Guru Brahma Guru Vishnu,

Guru Deva Maheshwor,

Guru Sakshat Param Brahma,

Tasmai Shree Guruve Namah

02: Last update & questions

02a Update SSSSB (Sri Sanjay Sai Soul Blossom) last news & general info.

02b Questions and experience after practicing SSSSB values?

03: Activity: We will discuss about our Role Model(s). Do you have a role model? Why this person is your Role Model?
You don't have to send your answer, but think about, in the class we will talk about.

Wikipedia: "A **role model** is a person whose behaviour, example, or success is or can be emulated ("copy") by others, especially by younger people"

04: One Bhajan / song: Gauri Ganesh Uma Ganesh or Gopala Gopala Nacho Gopala
Two easu bhajan, let we sign it perfect. (first slow, then fast with clapping, first line together slow)

Gauri Ganesh Uma Ganesh
Parvathi Nandana Shree Ganesh
Sharanam Ganesh Sharanam Ganesh
Shiva Nandana Ganapathi Ganesh (Jai)

Gopala Gopala Nacho Gopala
Nacho Nacho Sai Nandalala
Ruma Jhuma Ruma Jhuma Nacho Gopala
Nacho Nacho Sai Nandalala

05: Closing

3 x Aumkaar
3 x Samasta Jiwa Sukhino Bhawantu
Om Shanti, Shanti, Shanti

Bhagwan Sri Sanjay Sai Aarati (lyrics below, please stand up, by the Aarati)

Jaya Sanjay Baba, Om Jaya Sanjay Baba
(Satya Sanaatana Nirmala) X2
Hey Jaga Ke Data
Om Jaya Sanjay Baba

Sumadhura Sundara Vaibhava
Kamala Daley Kshyana Hey, Swami Kamala Daley Kshyana Hey
(Kaashayaambara Dhaarana) X2
Pankaja Charana Namoh
Om Jaya Sanjay Baba

Parama Dhaama Parameshwara,
Paramaananda Namoh, Swami Paramaananda Namoh
(Parama Pujya Saishwara) X2
Aatmaa Nanda Namoh
Om Jaya Sanjay Baba

Laxmi Narayana Murti,
Shubha Daayaka Bhagawan, Swami Shubha Daayaka Bhagawan
(Sakala Jagata Ke Rakshyaka) X2
Mangalakara Prabhu Hey
Om Jaya Sanjay Baba

Om Jaya Sanjay Baba Swami Om Jaya Sanjay Baba
Satya Sanaatana Nirmala Satya Sanaatana Nirmala
Hey Jaga Ke Data
(Om Jaya Sanjay Baba) X3

Thank Bhagwan Baba:
Thank you Bhagwan Baba for guiding us.
Twam Sharanam Mama

Students of our SSSSB youth class Meg:

01-Eshika Tamang
02-Ram Phuyal
03-Laxman Phuyal
04-Nabin Darji
05-Fal Roka
06-Lila Roka
07-Raju Tamang
08-Binita Sundas
09-Sita Nepali

Gurus (teachers) & team:

Guru Daju (Sunil Marapin From Holland) Coordinator of SSSSB classes Meg-Siddhi Home
Meghna Didi (Meghna Shrestha), Assistant of SSSSB classes Meg-Siddhi Home
Meena Madam (Meena Rijal), Coordinator of SSSSB class Balkot
Reshma Madam (Reshma Rijal), Coordinator of SSSSB class Dang
Laxman Phuyal, Support
Jenisha Shrestha, Support
Doctor Triveni from India, Support