

Program 3th Soul Blossom class is on: Sunday 30 August, 2020 from 16:00 till 17:00

Pray for Bhagwan 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.

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 Bishnu,

Guru Deva Maheshwor,

Guru Sakshat Param Brahma,

Tasmai Shree Guruve Namah

02: Last update & questions

02a Last update SSSSB (Sri Sanjay Sai Soul Blossom) and general info.

02b How was previous classes? Do you have questions about our previous classes?

02c Do you have any other question, about any topic?

02d Do you practice something already from SSSSB class, any experience after practicing ?

03: Activity: We will discuss about your questions of heart-work question 3.1, 3.2 and 3.3.

Heart-work question 3.1; If you could do miracles (anything you can do in minutes), what would you do?

Heart-work question 3.2; The Most important Person in your life and why this person is very important (except God), if you have more than one very important person then you can write more than one

Heart-work question 3.3; Make a drawing or a story or a poem or something else about TEEJ Festival.

04: Two Bhajan / song: Gauri Ganesh Uma Ganesh & Gopala Gopala Nacho Gopala

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 (with text and Audio)

Thank Bhagwan Baba:

Thank you Bhagwan Baba Thank you Bhagwan Baba for guiding us.

Twam Saranam Mama

Students of our SSSSB class Dang:

01-Naitik Rijal / 02-Pari Pokharel / 03-Prabhu Pokharel / 04-Ishan Acharya / 05-Aayusma Paudel

Teachers / Gurus team:

Reshma Ma'am (Reshma Rijal), coordinator of SSSSB class Dang

Guru Daju (Sunil Marapin) from Holland / Netherlands, Host and Assistant

Summery of lesson 3

- We do the new opening & closing of the SSSSB program.
- We talk again about the important to respect en make our parents happy.
- We talk about the guru who first stop to each chocolate before, helot to a child not to eat chocolate. (Moral: If we practice first by our self, its will be very easy en effectieve to inspire other).
- Two bhajans we sing together.
- If we start to focus only on positive things and start to practice, we will have more happy and peaceful life & at the same time all negative thing will reduce automatically.
- God give you your partner, be happy and serve them as God.