**Program 16 SSSSB class Meg youth, Saturday 12 September 2020 from 12:00 till 13:00

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 प्रेमपुर्वक प्रणाम ।
भगवान बाबा हामी आजको कक्षा हजुरको चरण कमलमा निवेदन गर्दछौँ ।
कृपया पथप्रदर्शक र रक्षकभई हाम्रो यो अनन्त तथा निरन्तर शिक्षा साकार पारिबक्सियोस ।

**01 Opening:**
3 x Aum
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

3 x Gayathri Manta

Aum,

Bhur Bhuwa Swaha

Tat Sa Vitur Varenyam

Bhargo Devashya Dhimahi

Dhiyo Yonah Prachodayat

Shanti Shanti Shanti. Rub your hands.

**02: Last update, questions and experience after practising the SSSSB values**
02a What Value/ Progress have you made since last class?
02b How did you bring it into practise, share our views.

**03: Activity** (one or more of the following activities: Questions, Value stories-games-drawings-song etc. etc.)
**Topic of Saturday and heart-work.** Topic: Parents/ Carers / Guardians
H-w question 16.1: What good things have your parents / Carers / Guardains done for you so far?
H-w question 16.2: What have you done for your parents / Carers / Guardains so far?
H-w question 16.3: What else are you planning to do for your parents / Carers / Guardains in future?

**04: Heart-work for next lesson**
Monthly Value + …

**05: Closing**
= 3 x Aum
= Aum Shanti, Shanti, Shanti
= Bhagwan Sri Sanjay Sai Aarati

Om Jaya Sanjay Baba
Swami Jai 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

**Vibhuti**
Paramam Pavitram Baba Vibhutim
Paramam Vichitram Lila Vibhutim
Paramartha Ishtaartha Mokshya Pradaanam
Baba Vibhuti Idam Aashrayaami
Sanjay Baba’s Vibhuti Idam Aashrayaami

= 3 x Samasta Jiwa Sukhino Bhawantu
= Aum Shanti, Shanti, Shanti

**Thank Bhagawan Baba:**
Thank you Bhagawan Baba for guiding us.
Twam Sharanam Mama

=== end ===

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

Coordonator, 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
Sanchita Amma (Sanchita Koirala from Australia) Coordinator of SSSSB classes Australia
Reshma Madam (Reshma Rijal), Coordinator of SSSSB class Dang
Laxman Phuyal, Support
Jenisha Shrestha, Support
Doctor Triveni from India, Guest Support

Summary of today’s (Saturday 12 September 2020) Soul Blossom class
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