

**FEEDBACK:** The class ran smoothly. Children did guided meditation with children. Chithra told them the story of Bhashmasur. Pictures were used to explain the story. Children sang be careful little eyes followed by the concentration game of negative and positive thoughts. Children sang beautiful bhajans, followed by it we showed them the power point on peace.

## **Pray for Bhagawan Baba:**

Loving Pranams at the Lotus Feet of our Dearest Bhagawan Shree Sanjay Sai Baba. 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 Vishnu, Guru Deva Maheshwara, Guru Saakshyat Param Brahma, Tasmai Shree Guruve Namah

## **Guided Mediation: By Chithra Amma**

# 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. 02c Painting

# 03: Activity: (one or more of the following activities: Questions, Value stories-games-drawings-song etc. etc.)

Power Point Presentation On Peace.

3 x Gayathri Manta: Altogether Aum, Bhur Bhuwa Swaha

## Tat Sa Vitur Varenyam Bhargo Devashya Dhimahi Dhiyo Yonah Prachodayat

#### **Shanti Shanti Shanti**

Durga Lakshmi Saraswathi Sai Jaganmatha Sai Jaganmatha Mam Pahi Jaganmatha Sai Jaganmatha Mam Pahi Jaganmatha

Glory to Durga, Lakshmi, Saraswati and Sai; Sai, Divine Mother of the Universe, protect me.

# **CONCENTRATION GAME: Game by SANCHITA AUNTIE**

**04: Heart-work for next lesson** Practising Peace and Silence

05: Closing

- = 3 x Aumkaar
- = 3 x Samasta Jiwa Sukhino Bhawantu
- = Om 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

### 07. Vibhuti

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

### **Thank Bhagawan Baba:**

Thank you Bhagawan Baba for guiding us. Twam Sharanam Mama

==== End =====

#### If there is more time:

Sudama and Sagar both had the same qualifications and both started the same type of work in different companies after their studies.

Sudama's employer was so happy with him that he was always promoted and grew up the ladder in the company where he had started working.

Sagar's contracts did not shift at different companies, it always ended after the trial period. It was a Friday afternoon, Sagar's contract was also terminated at this 5th company. Sagar was sad, disappointed and angry. "Why did I not get a job, why is my contract never extended after the trial period?" He drove home in his car that he had received from his rich father, he was so upset that he didn't pay much attention to traffic. On his way home, he almost hit Sudama who went home from work on his bike, and who was very happy because he had been promoted, he became Manager today.

Because of Sagar's reckless driving, he had almost hit Sudama. Fortunately, Sudama was always focused, so he was able to jump off his bike in time. His bike ends up in the ditch. Sagar was startled and felt guilty that he had not paid attention, he stopped his car and came quickly to Sudama and said: "Sorry, it's my fault, I did not pay attention to the traffic, I am so unlucky today. If you are in pain somewhere, I will take you to the hospital." Sudama said: "No, I could jump off the bike just in time. Nothing has happened to me, just a small scrap, but I put a patch on it when I'm home. My bike ended up in the ditch". They went looking for the bike together, which had ended up in the ditch. They saw some fish swimming around that bike. It seemed the fish wanted to take a ride on the bike. Sagar: "Don't worry about that bike, you get a new bike from me". Sudama: "No, you don't have to waste money, why buy a new bike, when we can get it from the ditch. I hope that no fish was injured by the bicycle. Just look carefully if there are no injured fish, otherwise we have to take them to the veterinary surgeon."