

# SHRI SANJAY SAI SOUL BLOSSOM

## Class Tikathali Junior-1

Introduction lesson today: Thursday October 15, 2020 Time: 3 to 4 pm

Note:

From next time: We will have every Saturday class from 12:30 to 1:30 pm

Teacher / Guru: Suweksha JHA , Guru Daju (from Holland) and Rashu Didi

01 Opening: Pray for Bhagawan Shri Sanjay Sai Baba:

Aum Shri Sanjay Sairam

With love and humility, we dedicate today's soul blossom classes at Thy lotus feet.

Swami, be with us and guide us in the process to realise the eternal education

ॐ श्री सञ्जय साईराम

हामी आजको आत्मा विकशित कक्षा स्नेह तथा नम्रता पूर्वक हजुरको चरण कमलमा समर्पण तथा अर्पण गर्दछौं ।

स्वामी, हाम्रो साथमै रहेर पथप्रदर्शकभई यस अनन्त तथा निरन्तर शिक्षा प्रकृत्यालाई साकार पारिबक्सियोस् ।

3 x Aum & 1 x Bhagawan Sri Sanjay Sai Baba Gayatri Mantra:

Aum, Sai Thrayaaya Vidmahe

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 and experience after practising the SSSSB values

03: Activity (one or more of the following activities: Questions, Value stories, Value games, Value Drawings, Bhajans, Value Song, Drama, etc. etc.)

-Introduction (introduce yourself, about SSSSB, points, heart-work, etc. etc.)

-Value game

-About Holland and about the famous flower park from Holland

4: Heart-work for next lesson

Practice the October month value: Gratitude to Mother Earth + make 1 or 2 value drawings

5: Closing

Sri Sanjay Sai Aarati (With Audio sound)

3 x Samasta Jiwa Sukhino Bhawantu

Aum Shanti, Shanti, Shanti

We are forever grateful to you Bhagawan for your blessings and grace. Twam Saranam Mama

भगवान हजुरको शोभनिय आशिर्वाद तथा कृपाकोलागी हामी सदासर्वदा आभारी तथा कृतज्ञ छौं । त्वम शरणम ममः

===END===



**Our gratitude to Bhagawan Baba  
for Showing us the path.  
Twam Sharanam Mama.**





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## Class Tikathali Junior-1

### SSSSB Class Tikathali Junior-1

Summary of the introduction SSSSB-class from Thursday, October 15, 2020. Time 3-4 pm Nepali time

1. There were 3 students at our soul blossom class.
2. We decided to do this class for the introduction of every students and teachers with each other.
3. The teachers were Rashu Didi, Guru daju, Suweksha Didi.
4. Rashu Didi and Suweksha Didi are students from SSSVM grade 8.
5. Guru daju is from Holland (The Netherlands), a small country in Europe.
6. We play value game know little bit about Holland.
7. All participants were from different places.
8. We solve puzzles (Memory games, to find countries names).
9. We do the aarti and end the class.

Heart-work for next class:

Practice the October month value: **Gratitude to Mother Earth + make 1 or 2 value drawings every week**

Thursday October 15, 2020

Tikathali, Lalitpur, NEPAL

Suweksha Didi (Suweksha JHA)



**Our gratitude to Bhagawan Baba  
for Showing us the path.  
Twam Sharanam Mama.**

