



# SHRI SANJAY SAI SOUL BLOSSOM

**Girls SSSVM Grade 9 & Grade 10 (3pm-3:30 pm)**  
**Boys SSSVM Grade 9 & Grade 10 (3:40pm-4:10 pm)**

Program 4/16 SB Class SSSVM **Girls** Grade 9+10, Wednesday, October 14, 2020 from **3 pm to 3:30 pm**

Program 4/16 SB Class SSSVM **Boys** Grade 9+10, Wednesday, October 14, 2020 from **3:40 pm to 4:10pm**

**Note 1:** From now we splits the classes in a **Girls Class** and a **Boys Class**, to make the classes more effective.

**Note 2:** Wednesday, October 14, from 5 to 6:15pm, we have also the 5<sup>th</sup> SSSSB Global Bhajan meeting with other SSSSB classes. All Soul Blossom Students, Gurus, families and friends are welcome. **If you want to sing a bhajan**, send your bhajan for us.

The actual bhajan list is on the page: <https://www.soulblossomstudents.org/bhajans/program-bhajan-classes>

**Gurus:** Guru Daju (Sunil Marapin), Rama Ma'am

**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 Sai Gayatri Manta:**

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.)

**Topic:** Study pressure; How to study effective & How to handle with study stress.

**04:** Heart-work for next lesson

Practice the October month value.: **Gratitude to Mother Earth + Speak the truth + Make a summary of today's class**

**05: Closing**

= 3 x Samasta Jiwa Sukhino Bhawantu

= Aum Shanti, Shanti, Shanti

= Thank you Bhagawan Baba for guiding us. Twam Sharanam Mama

भगवान बाबा हामीहरूको पथप्रदर्शक भईबक्सेकोमा धन्यवाद छ । त्वम शरणमं ममः

=== END ===



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





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**Girls SSSVM Grade 9 & Grade 10 (3pm-3:30 pm)**

**Boys SSSVM Grade 9 & Grade 10 (3:40pm-4:10 pm)**

Summary of the 4/16 SSSSB class SSSVM 9+10, Wednesday, October 14, 2020 from 3 to 4pm

We talk about:

- We split the classes in a Girls & a Boys class. To make the classes more effective.
- The October month focusing value is: "Gratitude to Mother Earth"
- About 17+17 = about 35 students
- Speak the truth
- About study pressure. We speak talk about different point how to handle with study pressure.
- h-w: Make a summary of today's class. We make a list with 10 point how to handle with study pressure. Put one or 2 point more, to make the list complete

October 14, 2020

The Hague, Holland

Guru Daju (Sunil Marapin)



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

