



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 5/17 SB Class SSSVM **Girls** Grade 9+10, Wednesday, October 21, 2020 from **3 - 3:30 pm**

Program 5/17 SB Class SSSVM **Boys** Grade 9+10, Wednesday, October 21, 2020 from **3:40 - 4:10 pm**

Note 1: Wednesday, October 21, from 5 to 6:15pm, we have also the 6th SSSSB Global Bhajan meeting with other SSSSB classes. **If you want to sing a bhajan, send your bhajan today for us.**

The actual bhajan list is on the page: <https://www.soulblossomstudents.org/bhajans/program-bhajan-classes>
Gurus / teacher of this SSSSB Class: Guru Daju (Sunil Marapin)

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 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.)

Topic: **Study Tips; Point 9 (How to train our mind, to focus on 1 thing).**

04: Heart-work for next lesson to do

-Make a short summary (3 till 10 lines) of today's SSSSB class

-If know more useful tips, put it by 11 and 12. (For students who don't do it yet, last week)

-Which of the tips from above is most useful for you.

04b: Heart-work to practice

-Speak the truth, count how many times you lie these whole October month

(Students from other classes who practice to speak always the truth, have very good and happy feeling)

-Gratitude to Mother Earth, practice what is possible in your situation.

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 भईबक्सकोमा धन्यवाद छ । त्वम शरणमं मम:

Jai Bolo Bhagawan Shri Sanjay Sai Baba Ji Ki Jai

===== End =====



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





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)

SSSSB Class SSSVM **Girls** Grade 9 and Grade 10, Wednesday from **3 pm to 3:30 pm**
SSSSB Class SSSVM **Boys** Grade 9 and Grade 10, Wednesday from **3:40 pm to 4:10pm**

October 14 and 21, 2020

Topic: Study tips; How to study effective & How to handle without stress-pressure.

Overview of useful tips.

01: Do your homework / learning work right away as much as possible
(Do not Delay your homework / Learning work until the last moment).

02: Work ahead, especially the subjects in which you want to improve.
(Setbacks have then lesser influence)

03: Study regularly, even if you don't have homework / learning work.

04: Make a realistic / useful study schedule and follow your timetable.
(Rhythm and discipline make life easy and enjoyable)

05: Do what's most important first.
(Postpone things that are not really necessary as often as possible)

06: Help your classmates. Not the one who gets the best marks, but the one who helps others are the happiest people and the best peoples (and how more you help, how better you will understand and remember the subject).

07: Be happy with homework and have fun doing it.
The more homework the easier the exams will be for you.

08: Use your mobile as useful as possible. In the past, often the smartest students had the best marks. Nowadays often the students who use their mobile the least for unnecessary things are the best students.

09: Being calm and focused makes everything in life easier and funnier. Healthy food, exercises, less mobile, sufficient rest, mediation, mantra, bhajans etc. etc. help to improve our concentration

10: Don't put unnecessary pressure on yourself. When you have done your best, be satisfied with yourself and the result.

Summary of the 5/17 SSSSB class SSSVM 9+10, Wednesday, October 21, 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 previous focusing values: "Gratitude to Mother Earth", Speak polite and lovingly
- About 10+8 = about 18 students (festival time)
- Point 9 of the study tips. Focus only on 1 thing. Practice this by everything what you do.
- Story about the assistant

October 21, 2020

The Hague, Holland

Guru Daju (Sunil Marapin)



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Twam Sharanam Mama.**

