

SHRI SANJAY SAI SOUL BLOSSOM

National Youth Soul Blossom class

Program No 4 (20) National Youth Soul Blossom class: Wednesday, 20 Jan 2021 4:20 to 5:20 pm

Coordinator: Naresh Uncle / Support: Guru Daju

For Students from 15 year or older & active students. This class was the Previous Katunje youth class

Gurus: Naresh Uncle, Support: 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 program at Thy lotus feet.

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

ॐ श्री सञ्जय साईराम,

हामी आजको कार्यक्रम स्नेह तथा नम्रता पूर्वक हजुरको चरण कमलमा समर्पण तथा अर्पण गर्दछौं ।

स्वामी, हाम्रो साथमैरहेर पथप्रदर्शकभई निरन्तर आशिर्वाद तथा कृपा बक्सियोस ।

3 x Aum & 1 x 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

Aum, Shanti Shanti Shanti

01b Silent sitting: Light Meditation, 3 to 5 minutes

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.)

Topic 1: How was your first meeting with Bhajan Sanjay Sai in Brindavan Ashram.

Topic 2: Share with Angel from Spain what you want tell her. And ask each other what you want know about the youths from Nepal and Spain-

Topic 3: Our sewa project, school in Katunje

04: Heart-work to do (Send on the class day, 10 points. The next day, 5 points. After the next day, 2 points).

-Make a short summary (5 till 10 lines) of today's SSSSB class

04b: Heart-work to practice. Practice the values of the months till now

"Speak Politely and Lovingly", "Gratitude to Mother Earth" and "Speak the truth" + "Act righteous"

05: Closing Bhagawan Sri Sanjay Sai Aarati (With Audio sound. We don't have to get up)

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 मम:

Jai Bolo Bhagawan Shri Sanjay Sai Baba Ji Ki Jai (1x)

===== End =====

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

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Summary

Students of our Soul Blossom Youth Class Katunje: (green is present)

01-Rose,
02-Sumu,
03-Raj,
04-Suvam,
05-Swayeksha,
06-Pranjol,
07-Prabesh,
08-Anish Thapa,
09-Suwa (Subha) Thapa

Guest: Angel from Spain

Gurus (teachers) & team of our Soul Blossom Youth Class:
v-Naresh Uncle (Naresh DHUNGEL): Coordinators youth class
v-Guru Daju (Sunil MARAPIN, from Holland), support

Summary of todays National Youth SB class

Today was a open topic.

We talk about:

- visit Bhagwan Baba, was first time most of kanuntje Juniors & youth has Darshan of Bhagwan Baba
- question to Angel of Spain, about life style and other things from youths of Spain

Jan 26, 2021

The Hague, Holland

Guru Daju (Sunil Marapin)

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Twam Sharanam Mama.**