

SHRI SANJAY SAI SOUL BLOSSOM

Nepal Open Youth SB class

No 8: Nepal Open Youth SB class: Wednesday, 17 February 2021, time 5 - 6 pm

Coordinator: Naresh Uncle / Gurus: Naresh Uncle & Guru Daju (Sunil Marapin)

For Students from 15 year or older & active students.

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: Open topic & questions from the youths

Topic 2: Guru Daju tell little about his live

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 Soul Blossom Program Ki ... Jai (1x)

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

===END===



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





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Nepal Open Youth SB class

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
+ Sarika
Garima tamang
Anamika KC
Apekshya
Shristi gr10
Birat gr9

Guest:

Gurus (teachers) & team of our Soul Blossom Youth Class:

-Naresh Uncle (Naresh DHUNGEL): Coordinators youth class
-Guru Daju (Sunil MARAPIN, from Holland), support
-Rama ma'am
-Gita Ma'am
-Meena Ma'am

Summary of todays National Youth SB class

Today was an open topic.

We talk about:

- Question from the youth about food: plants have also live, is it good to eat plants?
- Naresh uncle talk about a real situation and how to handle with this situation.
- Guru daju tell about, how he start with administration office and soms thing from his life

Febr 17, 2021

The Hague, Holland

Guru Daju (Sunil Marapin)



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