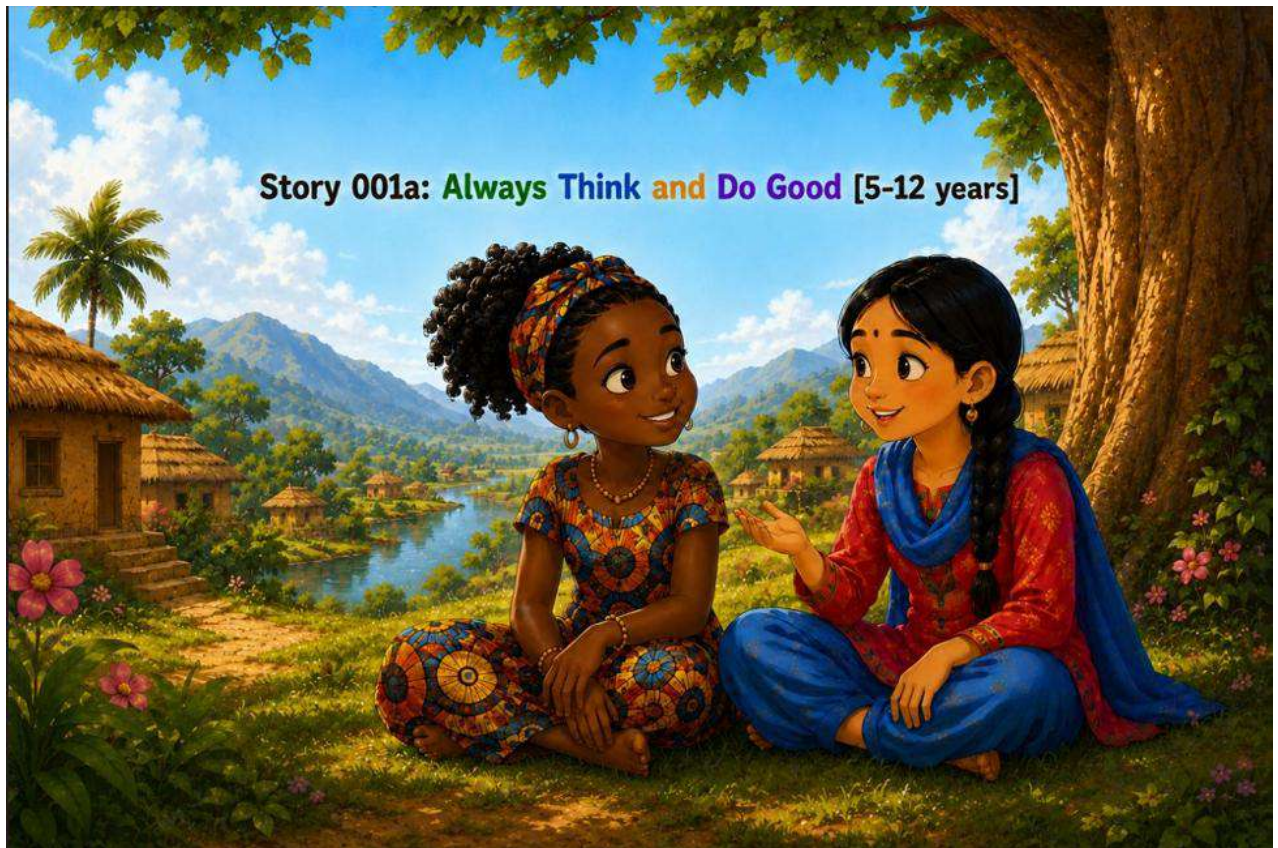


Story 001a: Always Think and Do Good [5-12 years]



Story 001a: Always Think and Do Good

In a quiet village in Congo, there were two 8-year-old girls, Lila from Africa and Babita from Nepal. They met each other during a special exchange and quickly became good friends.

One day, they sat together under a huge tree in the village and talked about what they had learned from their wise teachers. Lila said, *"My teacher always said: 'If you think good and do good, you will become happy and exemplary.'"*

Babita nodded and said, *"Yes, my teacher also told us that if we always see the good in others, we feel better. I used to think negatively, but since I learned to always focus on the positive things, I feel much happier now!"*

Lila smiled and said, *"I think we can do so much together if we stay positive! We can help everyone, and everyone will love us."*

They decided to make a promise together: *"We will always think positively, hear good things, and help others. And when something is difficult, we will ask Bhagwan Baba for help and do our best."*

Lila and Babita knew that thinking positive would help them stay happy and exemplary, and that with their kindness, they could make the world better.

Question of the day: Give examples of thinking, hearing, seeing, and doing good.