

Story 001b: Think, Say, See, and Do Positive Things [13+ years]



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In a quiet village in Congo, two 12-year-old girls, Mirembe from Congo and Nita from Nepal met during a cultural exchange programme.

One day, they sat together and talked about something they had learned in their SSSSB classes: the importance of thinking, hearing, seeing, and doing positive things.

Mirembe said, "My SSSSB guru taught me that negative thoughts only bring sadness and setbacks."

Nita nodded and said, "My SSSSB guru taught us the same, and I experienced it myself. I used to focus on the faults of my classmates and gossip about them with my best friends. One day my classmates found out what I had said, they were deeply hurt and disappointed in me. I felt ashamed and very sad. From that day, I truly understood what our SSSSB guru meant. Now I try to see only good in others, and I feel much better much happier. Everyone respects me more now."

Mirembe said, "I had very similar experience. I changed myself immediately afterward. Since that day, I can concentrate better, perform better in my studies, and feel more confident. And I receive much more love and respect from everyone. Life has become far more joyful and peaceful."

Nita said, "I remember once asking Guru Practice for advice about this topic. Guru Practice told me: 'We must do two things:

- 1) Always look for good in others.
- 2) Look within ourselves and continue improving the negative qualities we find in us.

By doing this we feel a stronger connection with God."

Mirembe said, "Oh really, this is the first time I've heard the second teaching about improving the negative qualities in ourselves. Thank you, Nita, for sharing it with me. Shall we try our best to this from today?"

Nita: "Yes, Mirembe, let's do that."

Mirembe: "Can I ask you something, Nita?"

Nita: "Sure, ask."

Mirembe: "My eyes have never seen Bhagwan Baba, but Bhagwan Baba comes to your SSSSB school and you see Swami in the Ashram. Can you please ask Bhagwan Baba to bless all the children of my country, Congo?"

Nita: "Yes, I will. I'll also write it down and give the message to Swami. I will pray for all the children of Congo and ask Swami to bless them with love, peace and happiness."