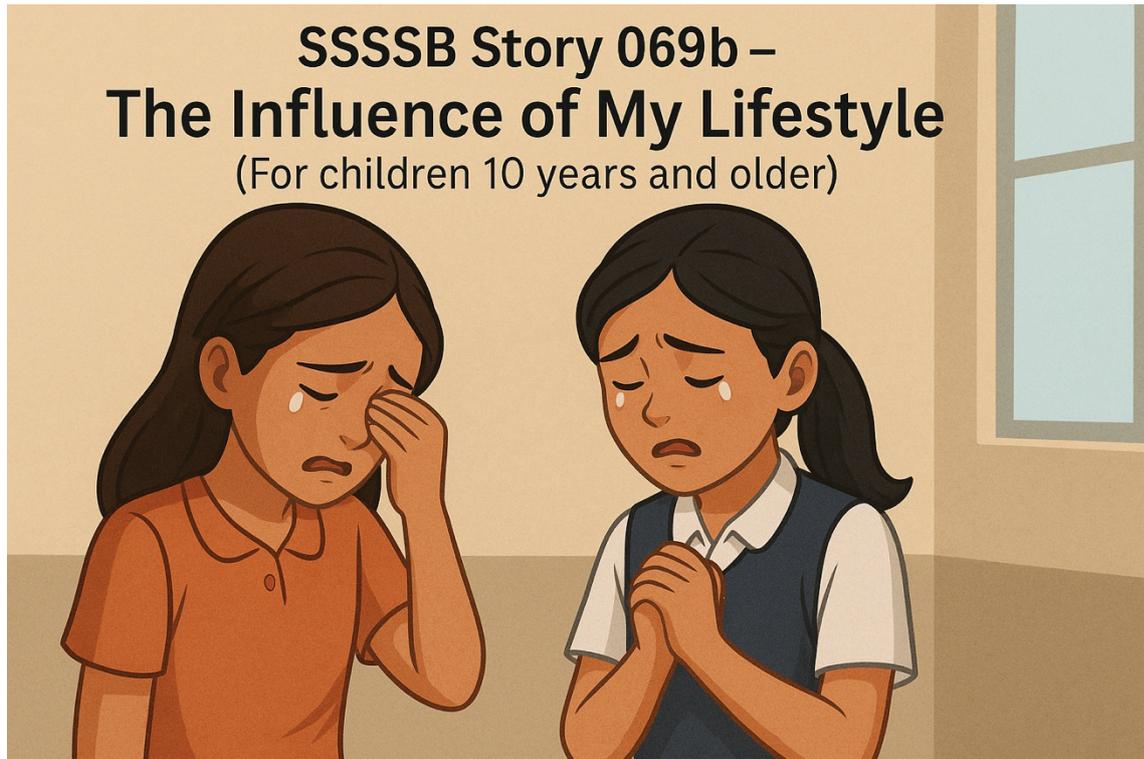


🇬🇧 SSSSB Story 069b – The Influence of My Lifestyle (For ages 10 and up)



🇬🇧 SSSSB Story 069b – The Influence of My Lifestyle (For ages 10 and up)

Two girls from Grade 8 were talking about how their behaviour was affecting other students.

Student 1: "I noticed that when I speak impolitely or am not honest, it slowly becomes a habit. I keep doing it without thinking."

Student 2: "I haven't slept well for three days, and it's for the same reason. Because of my behaviour, other students who had a good character also started behaving badly. They were punished by the school and even by their parents. I feel guilty... it's all because of me."

Both students felt so guilty that they began to cry. They were deeply ashamed of their behaviour.

But while they were crying, they both heard a gentle inner voice say at the same moment: *"Do not be sad. Use these experiences to inspire yourself — change a negative lifestyle into a positive one."*

The two girls looked at each other and immediately knew that it was the voice of God, who is everywhere and present in our hearts, and Who, as an Avatara now in Nepal, lovingly and wisely guides them.

From that moment on, they made determined and inspired plans to create a positive, kind, and exemplary lifestyle — one that would help, inspire, and bring joy to others.

Question of the Day & Heart-Work What experiences have you had with the influence of your behaviour on others — and the influence of others on your behaviour?