



# **SSSIO-USA National SSE Enrichment**

*Who's Driving?*

**SSE Group 1 Breakout Room 1**

*July 17, 2021*

# Spiritual Principle & Value



## **SPIRITUAL PRINCIPLE:**

The purpose of this lesson is to teach children the importance of loving and obeying their parents and live up to their expectations.

**Value:** Love

**Sub Value:** Gratitude to Parents



# Quote & Affirmation

- **Quote:** Love your parents. Obey their command. Your lives will certainly be sanctified.

-Baba

- **Affirmation:** I will always love and obey my parents.

# THE HAND THAT ROCKS THE CRADLE RULES THE WORLD



Thomas Edison was born in Ohio. He was the seventh and last child of Samuel Edison, Jr. and Nancy Elliot Edison. His mother was a former schoolteacher; his father had many jobs, like running a grocery store to being a real-estate agent (**we can see how hard his father worked to take care of his family**). Right from childhood he had a sense of curiosity and wanted to know the how and the why of things around him. His teacher used to think that he asked too many questions. She once remarked that education for Thomas was a sheer waste of time and money since he was slow at learning. His mother who had been a teacher accepted the challenge of making her son a success. Only she knew all about her son's thirst for knowledge. She always encouraged him to use his spirit of inquiry and love of doing things. Edison's parents loved to read. They read to him works of good literature and history. They had many books that young Tom enjoyed. Nancy Edison encouraged her curious son to learn things for himself. His parents were dedicated to teaching their children. They did not force him to learn about things he didn't enjoy. So he learned about things that interested him the most. He learned education was his own responsibility (**we can see how responsible Thomas was**). He learned to be persistent. He learned that education is something that lasts your whole life (**Do we study to satisfy our parents or for our own sake?**).

# Story (cont...)



When Thomas was nine Nancy Edison gave him an elementary science book. It explained how to do chemistry experiments at home. Edison did every experiment in the book. Then Nancy gave him more books on science. He soon loved chemistry and spent all his spare money buying chemicals from a local pharmacy (**Thomas used his spare money so wisely-How many of you really do that?**). He collected bottles, wires, and other items for experiments (**we see that he followed- Reduce, Reuse, Recycle**).

Since Thomas showed so much liking in chemistry she set up a laboratory at home for him. To make both ends meet, Thomas used to sell newspaper on trains between Detroit and Port Huron (**He was so thoughtful and understanding that his parents are spending so much money for him**) . In gratitude for saving his son from being run over by a car, a gentleman named Mackenzie taught Thomas Telegraphy. Thomas mastered Telegraphy at the age of sixteen and became an operator in Ontario.

# Story (cont...)



He made great invention Telegraphy and other similar fields. For the ingenuity ( clever) and quickness that he displayed in his inventions like the Gramophone, the improved telephone and the incandescent light, people started calling him “The Wizard” (A man who has magical powers).

His success was mainly due to the vast knowledge that gained by reading books and as well as proper management of time. His mother inculcated these qualities in him during his childhood.



# Reflection

## Swami says-



Good Mother never gives up hope. Dear Children remember that the world would be a happier place if children listen to their mothers. God has given mother a special charge to improve humanity.

## According to Thomas Edison-

“Our mothers are our best friends and all of us owe a lot to her”. Edison said many years later, "My mother was the making of me. She was so true, so sure of me, and I felt I had someone to live for, someone I must not disappoint."

The life of Thomas Edison is a shining example of how an understanding mother can inspire a child to achieve great success in life in the face of various hardships. When the President of the USA honored Thomas Edison at the White House all that Edison thought of at that time was the enormous debt he owed his loving and resolute mother (**How many of us think about our parents when we accomplish something?**). She was endowed with all the noble qualities that a true mother should possess in the upbringing of children.

# Questions



- Questions go here



# Poem



- Poem:  
I will love and respect my mother  
I will listen to my father's words  
In this world there is no other,  
Who will love me with a love so true.

# Life Application



- Discussion with your breakout room members



# SSSIO-USA National SSE Enrichment

*Who's Driving?*

SSE Group 1 Breakout Room 2

*July 17, 2021*

# Spiritual Principle & Value



**SPIRITUAL PRINCIPLE:** To help the children understand the importance of having Determination.

**Value:** Right Action

**Sub Value:** Determination

# Quote & Affirmation



- **Quote:** If one has determination, anything is possible.  
Baba
- **Affirmation:** I will never give up on my goals.

# What is the Spiritual Definition of Determination?

- **Determination** - The state of being firm in decisions, the act of deciding and continuing to follow through on decisions; will power.





# The story of Helen Keller

Helen Keller was born in 1880, June 27th, in Tuscumbia Alabama. She was a normal healthy child at birth, but when she was 19 months old she suffered from a strange disease leading to loss of sight, speech, and hearing. Helen struggled to articulate her needs, emotions and thoughts, but could not do so in any way. Out of sheer distress she used to throw tantrums or burst into tears clinging to her mother desperately. Because of her inability to communicate with those around her effectively, she became a wild and destructive child. **(Imagine a situation when you cannot speak or hear or see, and find it extremely difficult to express about anything going on within you).**

# Story (cont...)



Yet she also showed such signs of intelligence, contriving over sixty signs to indicate what she wanted, that her mother was determined that she could learn to communicate with others. Helen would feel people's hands to try to find out what they were doing. She learned to do many things this way. She learned to milk a cow and knead the bread dough.

She could recognize people by feeling of their faces or their clothes. She made up signs with her hands so she could "talk" to her family. She had 60 different signs. If she wanted bread, she pretended to be cutting a loaf. If she wanted ice cream, she would hug her shoulders and shiver. Helen had an amazing memory, and she also had skills very few people have ever been able to develop. She could put her fingers to a person's lips and understand the words which were being spoken.



# Story (cont...)



In March, 1887, when Helen was a few months short of her seventh birthday, Anne Sullivan came to her home as her teacher. Miss Sullivan herself had been blind, but had an operation and regained her sight. She understood what Helen was feeling. Helen was to forever call this day “The most important day of my life”. From that fateful day, the Anne and Helen were inseparable.

Miss Sullivan gave her a doll. By spelling "d-o-l-l" into the child's hand, she hoped to teach her to connect objects with letters. Helen quickly learned to make the letters correctly, but did not know she was spelling a word, or that words existed. In the days that followed she learned to spell a great many more words in this uncomprehending way.

One day she and "Teacher" (as Helen always called Anne Sullivan) went to the outdoor pump. Miss Sullivan started to draw water and put Helen's hand under the spout. As the cool water flowed over one hand, she spelled the word “w-a-t-e-r” manually into the other hand. Suddenly the signals had meaning in Helen’s mind. It was here that Helen learned that everything had a name and that the manual alphabet was the key to everything she wanted to know.

She eventually stopped having the tantrums. Anne taught her for years. Helen learned to read Braille. This was a system of raised dots representing letters. A blind person could read by feeling of the dots.

# Story (cont...)



When she was just ten, Helen expressed a desire to learn to speak. Somehow she had found out that a little deaf-blind girl in Norway had acquired that ability. Her seeking and determination was not lost on the universe, for another teacher was to enter her world and take her further.

Even when she was a little girl, Helen Keller said, "Someday I shall go to college." And go to university. In 1898 she entered the Cambridge School for Young Ladies to prepare for Radcliffe College. She entered Radcliffe in the fall of 1900 and received her Bachelor of Arts degree. Throughout those years Anne Sullivan was always by her student Helen's side.

Her teacher commended the qualities of determination and the love of perfection in Helen. Even at the age of 7 she never dropped her task until she mastered it completely and she would not learn a lesson until she understood it totally. Helen was self disciplined, high spirited, self-assured, and had a strong will of her own. Anything that was more difficult excited and interested her. Her disabilities drove her to the deeper levels of will power.

She had a fixed determination to regard the world as a place of brightness of free expansion and of irresistible action. She used to often say, "I seldom think about my limitations, and they never make me sad"

As an adult, she travelled the world, gave speeches, and authored many books and essays. Helen became a prominent figure whose accomplishments attracted awe, respect, admiration and inspiration. While she was in college she wrote her book called "The Story of My Life". With the money she earned from the book she was able to buy a house.

It was only through her determination that Helen not only overcame the physical challenges of speech and hearing disability but also the formidable social obstacles that people with such disadvantages face.

# Reflection



People used to tell that, “**DETERMINATION WAS HER MIDDLE NAME**”.  
Helen Keller once said, “We can do anything we want to do if we stick to it long enough”.

# Questions



- Questions go here

# Life Application



- Discussion with your breakout room members



# **SSSIO-USA National SSE Enrichment**

*Who's Driving?*

**SSE Group 1 Breakout Room 3**

*July 17, 2021*

# Spiritual Principle & Value



## **SPIRITUAL PRINCIPLE:**

The purpose of this lesson is to teach the importance of self – control and to refrain from harming themselves and others around them.

**Value:** Non Violence

**Sub Value:** Self Control

# Quote & Affirmation



- **Quote:** All must become.. balanced, contented, quiet, calm scholars who have practiced self-control.
- **Affirmation:** I will practice to control my anger.



# Spiritual Definition of Self Control



- **Self Control:** Avoiding exciting or inflammatory sensory inputs, developing a balanced calm, contented outlook and self-control.

# Yashiko a wealthy Samurai



Yashiko was a wealthy samurai (samurai were warriors of pre-modern Japan) warrior in ancient Japan. He cut a fine figure; his armor and sword were of the finest workmanship. He lived with his wife and elderly mother in an elegant tiled house in the best quarter of the town. He frequently drank the rarest and finest of teas, and often dined in the most expensive restaurants. His wife Ayako was considered the most beautiful woman in the kingdom, and his aged mother was much celebrated for her wisdom and learning. Life was good for Yashiko. He had a great salary from the emperor, regular revenue from his many properties, and a hefty stake in a porcelain trading business. But even all this wealth was not enough for a man like Yashiko. To keep from getting bored (which was uncomfortably often) the proud and greedy samurai decided to start a moneylending business for poor people.

“After all, it takes money to make money,” thought Yashiko. “You never know when a rainy day or a water flood or the wind dragons may come and wipe everything away. Life is at best uncertain. A day is bound to come when more money will be needed than what is presently being returned to me by my investments. The poor are always with us, and the poor always need money. I can charge them a high rate of interest and not have to lift a hand. What a clever way to make some extra cash! I wish I had thought of it long ago. Why, moneylending is practically a license to mint money! I shall begin my new enterprise, at once! At once!”



# Story (cont...)

Down at the docks, Michiko, a poor fisherman, had experienced an unlucky year with his business. Regretfully, he took out a sizeable loan from Yashiko so he could feed his wife and children. A year later, the loan had not been repaid. The proud samurai strapped on his deadly sword and strode off to find the fisherman and collect what was his due. "I'll show him who's boss," thought Yashiko. "One look at me and my sword and he'll come running with the money." Upon seeing Yashiko marching forcefully towards him, full of his own importance, the ragged fisherman bowed humbly before the proud samurai. "O Revered Sir! Great Samurai! Noble Warrior! It has been a very bad year again for me. I do not have sufficient funds to repay you." "What!" shouted Yashiko furiously. "After all the time and patience I have shown you! A whole year has gone by and you cannot even show me a single yen in repayment! Now I am going to punish you!" Menacingly, he drew his sword.

Fearing that he would be hurt, the fisherman spoke up loudly. "Revered sir, for some time now I have been studying martial arts. One of the lessons my master has taught me is that you should never strike another when you are angry." "Hmmmmm," thought Yashiko. "This is a clever fellow." Just to be on the safe side, he lowered his sword. "Your master is wise," said Yashiko carefully. "And I myself, as a student of the art of the sword, have heard that lesson many times. To be honest with you, O fisherman, I have such a temper that I often act without thinking. I tell you what I will do. You shall have another year to repay your debt. If you do not repay me in one year, I will come and take your life away with this sword."

"Thank you, kind sir," murmured Michiko, bowing low. Yashiko composed himself and walked away, his honor intact. By the time he had dined out at his favorite restaurant and arrived home it was nearly midnight. Seeing no lights in his house, he crept in quietly, not wishing to wake the servants or disturb his wife and aged mother. As he entered the house he lit the bronze oil lamp in the hallway. There he saw his wife whispering secretly to a strange man in the darkened living room at the end of the hall.

# Story (cont...)



“What is the meaning of this insult!” shouted Yashiko. Swiftly he drew his sword, ready to strike them both instantly. Just then the words of the fisherman echoed in his fevered brain. “Never strike when you are angry.” Yashiko paused and took a deep, labored breath. Then his wife lit a candle. To his amazement, he found himself face to face with not only his wife, but his beloved mother too, who was dressed like a man in his warrior clothing. “What is the meaning of this? Are you both completely crazy? Is this a joke? I almost hurt the two of you! I demand an explanation—immediately!” “O Revered Husband,” murmured Ayako, “You, my lord, as a samurai, are the guardian and sole protector of this house. Because you had not returned by dark, Mother and I were afraid. We decided to dress Mother up in your clothes to keep away intruders.” “Oh, my God! Oh, my ancestors!” wept Yashiko. He shivered at the thought that because of his terrible temper, he had nearly killed what he loved most in the world - his beloved wife and his adoring mother. A year later, Yashiko went to see the poor fisherman down at the docks. Michiko, upon seeing the samurai walking towards him, bowed humbly before him.

“It has been an excellent year’s fishing, my Lord! Please accept the money I owe you, plus interest.” “Keep your money, dear man,” replied Yashiko gently. “You don’t know it, but your debt was paid long ago.”

# Bhagawan says on the subject of anger:

- One's anger is one's greatest enemy and one's calmness is one's own protection. One's joy is one's heaven and one's sorrow is one's hell... assume silence when you are invaded by anger. Or remember the name of the Lord. Do not try to remind yourself of things which will inflame the anger more... That will do incalculable harm. A man consumed by anger can never be free of misery. For the decline in human qualities today, pride and anger are primarily responsible.



# Questions



- Questions go here

# Life Application



- Discussion with your breakout room members



# SSSIO-USA National SSE Enrichment

*Who's Driving?*

SSE Group 1 Breakout Room 4

*July 17, 2021*



# Spiritual Principle & Value



## **SPIRITUAL PRINCIPLE:**

To make children understand the importance of being truthful in  
though, word and deed

**Value:** Truth

**Sub Value:** Honesty

# Quote & Affirmation



- **Quote:** Truth must be considered to be life-giving as breathing itself - Baba
- **Affirmation:** I will always tell the truth to myself and others

# Spiritual Definition of Truth

- **Truth** - Being straightforward in speech and conduct, behaving sincerely; following through on one's promise



# The Story of Mahatma Gandhi



Gandhi earned the appellation of "Mahatma: the great soul" because of his noble character and adherence to truth. Gandhi has said, "Truth alone will endure; all the rest will be swept away before the tide of time." He learnt the importance to human values, truth, love, peace, non-violence and right action from his parents. Gandhi's mother used to observe everyday a vow ritual known as "Kokila Vrata". As soon as she completed the ritual, she would wait for the call of the Kokila (the Indian cuckoo) to have her breakfast. However, on one day she waited for a long time, without taking food, for the call of the cuckoo. Noticing this, the young Gandhi went out of the house, imitated the cooing of the cuckoo and then told his mother, "Now that the cuckoo has made its call, please, mother, take your food." Unable to contain her grief, the mother slapped on the cheeks of Gandhi and wailed: " Oh Lord !What sin have I committed that such a liar should be born to me! What a great sinner am I to have begotten such a wicked liar as son?" She was shedding tears as she spoke. Deeply moved by his mother's words, Gandhi made a promise to her "In my life, henceforth, I will not utter falsehood."

In those days, the mothers used to watch the behavior of their children and strove to keep them on the right path. Gandhi became a 'Mahaathma' because of the severe punishment meted out to him by his mother.

# In Swami's own words...



**Swami says:** The first quality is Sathyam. "Sathyameva Jayathe", says the Upanishad (Truth alone Triumphs).

What is this Truth? It is adherence to what is true in thought, word and deed. Often many untoward situations arise which render such adherence difficult. Children, for instance, out of fear of punishment or scolding by parents or teachers indulge in prevarication or falsehood and avoid admitting the truth. This tendency results in due course in vitiating their entire life by making them lead double lives. Having regard, therefore, to their future, they should learn from their boyhood to admit their mistakes and speak the truth. There is nothing wrong if they are punished by their parents or teachers for their misdeeds. Through such corrective measures, they will learn to behave properly in their later years. If from the beginning you learn to speak the truth, you will find it easy. But once you take to lying, to return to the ways of truth is very difficult. Hence, when you are still young and your minds and hearts are pure and untainted, you must cultivate the habit of sticking to truth. By speaking the truth always, your minds will be filled with good thoughts. You should not give up truth, whatever difficulties you may encounter, whatever troubles or trials may come your way. Material prosperity or positions of authority may come and go. But the reputation for truth and integrity will last forever. If you install truth and righteousness in your hearts, your lives will become eminently meaningful and worth

# Questions



- Questions go here

# Life Application



- Discussion with your breakout room members



# **SSSIO-USA National SSE Enrichment**

*Who's Driving?*

**SSE Group 1 Breakout Room 5**

*July 17, 2021*



# Spiritual Principle & Value



## **SPIRITUAL PRINCIPLE:**

The purpose of this lesson is to teach kids to have faith in God, even when you are faced with difficulties or disappointments.

**Value:** Peace

**Sub Value:** Faith

# Quote & Affirmation



- **Quote:** Faith in God. Faith in yourself. That is the secret of greatness
- **Affirmation:** I will always have faith in God and will always remember that He will help me no matter what

# Spiritual Definition of Faith



- **Faith** – Unwavering belief in God; faith is both a parent and an offspring of peace.

# A Story narrated by Swami - Urgent letter to Lord Narayana



In an obscure village lived a mother and her 8 year old son, Krishna. He had lost his father when he was just two years old. The mother exerted herself in many ways to earn enough money for bringing up her only son and educating him. Krishna too was very smart, obedient and had a great love and regard for his mother. A week later, the principal told Krishna that he has to pay Rs. 20 within 4 days, otherwise he will be expelled from the school. Krishna told his mother, "Ma, I have to pay fees Rs. 20 for the examination within four days. Please somehow get me the money."

The mother was panicky, she had no money with her, and it was the last week of the month. She went to the principal and explained her inability to pay the fees in time and requested to help her in some way or other. The principal replied that nothing was in his hands. The mother returned home, sat under a tree near her hut and was weeping. Krishna returned from the school, found his mother weeping. He sat near her and asked: "Why are you weeping mother?"

"My son, I cannot find money. You cannot go to school from tomorrow. You better come and work with me. There is no other way." Krishna said: "Why don't you ask somebody a loan of Rs. 20. After the examination, I shall work and will be able to pay back the amount." "My dear son," replied the mother, "who will give me the money? Only God if He will." Krishna eagerly enquired, "Who is God, Ma? Where is He? What is His address? I shall go and get money from Him." The mother helplessly said: "Yes, there is the Lord of Vaikunta, Narayana, who is the source of all wealth."



# Story (cont...)

Without a moment's hesitation, Krishna ran to the post office. He had a few small coins with him. He purchased a card and wrote on it his mother's unfortunate condition, his own need and requested God to send Rs. 20 immediately by return post. He ran to the post box tied to a tree, but he was too short to reach the slit to put in the letter box. The mailman who had been observing Krishna all the while, came out took the card from him and asked: "To whom are you writing the letter?" Krishna said: "Oh Sir! This is a very urgent letter to Lord Narayana in Vaikunta. I have to pay my examination fees within three days. I am writing to him requesting him to send Rs. 20 immediately." The mailman stared at the address on the post card. He could not find words, tears gathered in his eyes at the innocence of that boy. "My dear boy, who gave you this address?" asked the mailman. Krishna narrated the dialogue between himself and his mother. "Sir, my mother says that God is very kind and He will certainly help the poor like us if only we pray to Him wholeheartedly." The mailman was very much moved. He patted Krishna and said: "My dear boy, I shall see to the express delivery of this post card. You better come day after tomorrow." Do you think the mailman mailed the letter to God? Do you think God will help Krishna? If so, would He come in the form of Rama, Krishna, Shiva or any other form to help him?

Krishna ran home in a joyful mode. He told his mother that he would get the money in a day. Krishna went to the mailman the day after. The mailman said: "My dear boy, here is the envelope, inside it you will find Rs. 20. Now go and pay the fees." Krishna ran home with the envelope and placed it in his mother's hands. The mother asked him sternly how he had got the money. Krishna narrated the entire discussion with the mailman. She would not believe him. She hurried to the mailman and asked him whether what her son had told her was true and how it could have happened. Who put the money in the envelope, God or the mailman?

# Story (cont...)



- The mailman told her: "Mother, believe me. I have always been a hard-hearted man. When I saw your son with that letter, I could not believe my own eyes. A letter written to God with such faith. It moved me. It must be God who had induced me to come to the rescue of your son. Please take the money. It must be God's will that I should give this money. Other wise I would not have chanced to see your boy and your son's faith in God would have been shattered. I consider this an opportunity to help a good boy."

# Swami says...

- 'If we pray to God sincerely, God does help you. He would induce someone to act as His agent. Implicit faith in God alone would rescue everyone from all troubles and travails. Do not be depressed or bogged down by difficulties. Having put on the vesture of the human body, one cannot escape from difficulties. Chant the Name of God incessantly. Do not think that God is in some distant land. God is by your side always. In fact, He is present in the inner recesses of your heart. Never think that God is away from you at any point of time. Neither friends nor relatives can come to your rescue. He will protect you under all circumstances.'



# Questions



- Questions go here



# Life Application



- Discussion with your breakout room members



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