



## Sri Sathya Sai International Organization- USA National SSE Enrichment July 2021

### Who's driving- SSE Group 2

- H – Hands on Human values
  - A – Age Appropriate
  - B – Beneficial
  - I – Involving family
  - T – Trackable over time
  - S – Rooted in Spiritual Principle
- 

#### BREAKOUT ROOM #1

**Value-** Love

**Sub Value-** \_\_\_\_\_ (fill in Sub value you think is appropriate)

**Spiritual Principle-** Always see good in others

**Quote-** Forget the harm others did to you and forget the good done by you to others- Sathya Sai, 1971

**Story-** Once upon a time there was a king who knew he would be dying soon. He wondered, “Which of my two sons should I leave in charge of this kingdom?” He wanted to find out which son would be a noble, benevolent, and loving caretaker of his people.

The king called in his first-born son and said, “Search throughout the kingdom and find one good person and bring him to me.” So, this son went throughout the kingdom in search of a good person. For over a year he searched out all the kinds of people who he thought might be good. He extensively talked to teachers, doctors, nurses, farmers, students, yogis, holy men, old people, and children. But with each person, he found some defect in their character, personality, or behavior.

Finally, he came home to his father and said, “I have been throughout this whole kingdom. I have talked to every kind of person you would expect to be good. Yet I could not find a single truly good person to bring to you.”

The king then called his second son and said, “My dear son, please search throughout my kingdom and find me a truly bad person.” So, this son left to fulfill his father's request. First, he went to all the places where you'd expect to find a bad person—from the gambling and drug dens to the prisons that held the most violent people. He went everywhere and interviewed people who, at first, seemed bad to the core. But the more he talked to each person, the more

he saw that beneath the faults, bad habits and flaws, he saw something good in each person—albeit very small.

After a year of searching, the second son gave up and returned home to report to the king. “My dear father,” he said, “I am very sorry, but I have failed. I have been unable to find a truly bad person.” His father embraced him, saying, “My dear son, you are worthy of being king.”

**Activity-** Set 15 second timers. Students will share as many good things others did to them that week as possible. Keep count of each students’ list.

### **Discussion questions**

1. What are some things the first son would have seen in people?
2. What are some things you think the 2nd son would have seen in people?
3. What kind of a king do you think the 2nd son would make? How will it benefit the country?
4. When you tried to see good- what made it easy for you? What was difficult?

**Life Application-** Now think of a good life application. Use the **H.A.B.I.T.S.** acronym.

**Please respond to the following questions in 1 sentence.**

1. Did the HABITS acronym help in creating a life application? Please elaborate.
  2. Describe any one challenge that was encountered in developing the life application.
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## **BREAKOUT ROOM #2**

**Value-** Right Action

**Sub Value-** \_\_\_\_\_ (fill in Sub value you think is appropriate)

**Spiritual Principle-** Do not waste food, energy, time.

**Quote-** “Man minus desire is God”. – Sathya Sai Baba.

### **Story-**

1. Story from Tapovanam about not wasting food.

Bhagwan’s message on not wasting food: Swami says” do not waste because food is God. The gross part of food, which is the major portion of the food consumed by the body is thrown out as waste matter. The minute amount of food is assimilated by the body, flows as blood. And a minuscule amount, which is the subtlest part of the food, makes up the mind. Therefore, the mind is the reflection of the food consumed. Do not waste food. Eat only what you need and do not throw away food by taking too much on your plate. By wasting food, you’re wasting your divine energy. “

2. Not wasting time: Swami says “One should not waste time. Time should be spent in a useful manner. Time should be sanctified because everything in this creation is dependent on time. Do not degrade time by spending it in unnecessary conversation. No time should be wasted in evil thoughts and acts. Instead make use of time in an efficient way.

3. Do not waste energy or exploit nature: One day, a student, in the interview room, told Swami, “Swami your eye is a little bit red”. Swami replied, “I don’t waste water like you. People wash their face while keeping the tap open. Until the soap is completely wiped out the water keeps running. But Swami doesn’t do that. He opens the tap when needed and closes it immediately. So while washing His face with the soap, Swami opened his eyes to open the tap. At that moment the lather went into Swami’s eye. That is why Swami’s eye is red.” Swami doesn’t waste even a drop of water. Water is Ganga, water is God. For that matter you should not waste anything. You keep the fan ‘on’ even when you are not in the room. But Swami switches the fan off whenever not required. It is not miserliness. Make appropriate use of things whenever required. But do not waste energy.

Swami also says” When a radio is tuned to a station, immaterial of whether the volume is high or low, electrical energy is consumed. So also, the body is involved in continuous thinking as well as talking too much in a low or high tone is wasting a lot of energy. Energy is God. Wasting energy turns into an allergy. Our sight, hearing, speech, smell and work are all God, wasting these is the same as wasting energy. Hence, don’t waste energy. The less you waste the closer you are to God”.

#### **Discussion questions-**

- 1.Can we think of some ways not to waste food? What steps will I take from today to conserve food and not waste it?
- 2.What does it mean to sanctify your time? What are some measures you can take to monitor your time every day and how will you use your time productively?
- 3.How can I save energy? Can you share a few steps you wish to take from today to not waste water and what are some ways of using the following household products carefully? A). Electricity, heat, water -in your home/at school. B). Household goods (like paper towels, toothpaste, shampoo etc.

**Life Application-** Now think of a good life application. Use the **H.A.B.I.T.S.** acronym.

**Please respond to the following questions in 1 sentence.**

1. Did the HABITS acronym help in creating a life application? Please elaborate.
  2. Describe any one challenge that was encountered in developing the life application.
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#### **BREAKOUT ROOM #3**

**Value-** Peace

**Sub Value-** \_\_\_\_\_ (fill in Sub value you think is appropriate)

**Spiritual Principle-** To help strengthen faith in God

**Quote-** “A person with faith in God can overcome obstacles much more easily than one who has no faith.” – Sai Baba, Teachings of Sri Sathya Baba, p. 100

### **Story- Man with an umbrella**

A long time ago, there was a severe drought in certain parts of Ethiopia. One village in particular was caught up right in the middle of this drought belt. The economy of this village was entirely dependent on agricultural produce. Without rains, the villagers faced a bleak future indeed. The extreme heat of the sun had dried up the rivers and the lakes. There was hardly any water left in the wells. The people were really desperate for water. The villagers approached the village pundit (priest) and asked him to organize a prayer-for-rain meeting in the temple. The whole village turned up at this prayer meeting.

One man was the last one to arrive at the temple and everybody looked at this man with strange quizzical looks on their faces. The man was carrying an umbrella and he was the only man who brought his umbrella to this prayer meeting. No villager was ever seen carrying an umbrella outside of the rainy season. To the villagers, it was as strange as seeing a housewife going every day to the vegetable market dressed in a bride's outfit! For it seemed unconventional to carry an umbrella when there was not even one rain cloud in the sky.

The prayer meeting commenced and at the end of all the rituals and ceremonies, when people were about to leave the temple, they could not hold back their curiosity about the man and his umbrella. They asked him, "Why are you carrying an umbrella?" To this the man replied, "The Lord will provide. He gives and He takes away. The Lord will surely answer our prayers for rain and I will need the umbrella for the rains." The villagers laughed him off. Not one of the villagers could appreciate the absolute and sincere faith of the man with the umbrella. The scorching heat of the sun outside the temple was still fresh in their minds.

And then.....behold, a miracle took place. As the people were streaming out of the temple door and putting on their shoes, rain clouds appeared in the sky, the gentle breeze gave way to the gusting winds, the pallor of the sky darkened, and thunder and lightning heralded the coming of rains. A sudden downpour opened the eyes of the villagers. Their ridicule of the man with the umbrella changed to amazement, disbelief and they now understood the intense faith of this man. All the villagers agreed that it was the sincere prayer of this one man with his total faith and devotion that the Lord simply had to answer.

### **Discussion questions**

1. How did the umbrella man bring rain?
2. Do you believe this could really happen today?
3. Do you identify more with the villagers or the umbrella man?
4. What is something in which you have much faith?

**Life Application-** Now think of a good life application. Use the **H.A.B.I.T.S.** acronym.

**Please respond to the following questions in 1 sentence.**

1. Did the HABITS acronym help in creating a life application? Please elaborate.
2. Describe any one challenge that was encountered in developing the life application.

## **BREAKOUT ROOM #4**

**Value-** Love

**Sub Value-** \_\_\_\_\_ (fill in Sub value you think is appropriate)

**Spiritual Principle-** To learn to forgive

**Quote-** “What is hurtful to yourself, do not do to your fellowman. For this is the whole of the Torah (Hebrew holy book) and the remainder is but commentary.” (Talmud, Shabbat 3id)

### **Story**

In Biblical times, there was a man named Jacob who lived in the land of Canaan. He had 12 sons, but his favorite was Joseph. Joseph’s brothers were very jealous of the special way their father treated Joseph. Joseph had many dreams. In one, he told his brothers that they were all in a field binding wheat, and his wheat stood upright while their wheat sheaves bowed down to his wheat. In another dream, he told them that “the sun, moon, and eleven stars bowed down to me.” This caused his brothers to be even more jealous and they decided to get rid of him. One day when they were tending sheep, the brothers overpowered Joseph and sold him to a group of travelers. The brothers took Joseph’s coat and drenched it with animal’s blood and told their father that a wild beast had devoured his favorite son.

The traveler’s arrived in Egypt and sold Joseph to Potiphar, an officer of the Pharaoh (the King). Joseph worked very hard, and soon Potiphar came to trust Joseph and put him in charge of his house and estate. Potiphar’s wife fell in love with Joseph, but he would not deceive Potiphar who trusted him. Potiphar’s wife became angry and accused him of wrongdoing. Potiphar believed her and had Joseph put in prison. In prison, Joseph also worked hard and gained the trust of the warden, who put him in charge of the activities in the prison. Joseph met two of the Pharaoh’s officers who were also in prison. One night, they both had strange dreams, which Joseph correctly interpreted.

Two years later, the Pharaoh had a very disturbing dream: “I stood by the River Nile and behold, seven fine fat cows came out of the Nile, and they fed in the meadow. Then seven thin and scrawny cows came up after them, and the thin and scrawny cows ate up the fat and handsome cows.” He then had a second dream in which seven ears of corn were eaten by seven ears of empty corn. The king sent for his wise men and his magicians, but no one could tell him what the dreams meant. One of the officials remembered that Joseph had correctly interpreted dreams in prison, and the Pharaoh sent for him.

Joseph tells him that the two dreams are the same and that God has shown Pharaoh what he needs to do. The seven good cows and corn represent the next seven years when there will be plenty of food throughout Egypt. This will be followed by seven years of famine, represented by the seven scrawny cows and empty corns. The seven years of plenty will be forgotten because the famine will be so great. Joseph said that the dream was sent twice because it will happen soon. Joseph recommended that he find a wise man to be governor, and that he should put away a portion of each year’s harvest to be used during the years of famine. The Pharaoh chose Joseph to be the governor. He put him in charge of the Pharaoh’s house and lands. As Joseph

predicted, there were seven years of plenty, followed by seven years of famine. The people of Egypt did not suffer because Joseph had set aside a portion of the harvest.

However, people in the lands beyond Egypt were suffering. When Joseph's father heard there was food in Egypt, he sent 10 of his 11 sons to buy food. The brothers did not recognize Joseph and bowed low before him. Joseph did recognize them and decided to test them. He accused them of being spies and threw them into jail and would only free them if they returned with their youngest brother. He then kept one brother in jail and loaded their sacks with food and secretly placed the food money into their sacks. When the brothers returned home, they found the money and were afraid that they would be accused of stealing, so when they returned to Egypt with their youngest brother, they brought the money back along with gifts and money to buy more food. As before, Joseph put the grain money into their sacks along with his special silver cup. He sent his servants after the brothers to search their sacks.

When they find the cup, Joseph pretended to be angry and demanded that the youngest brother be left behind as his slave. The brothers were very upset and said their father would die of grief if he lost another son. Joseph couldn't bear their grief anymore and revealed himself to them. He said, "I am Joseph, whom you sold as a slave into Egypt. Now do not grieve nor be angry with yourselves, for God sent me here ahead of you to preserve life.

Hurry now and bring back my father and your families, your herds and your flocks, and you shall all dwell near me. I will nourish you for there are still 5 more years of famine." (Exodus 14:16)

### **Discussion questions**

1. What made Joseph's brothers sell him into slavery?
2. Have you ever been punished by mistake when you were actually innocent? How did it feel? How do you think Joseph felt?
3. Was there justice in this story? Is there always justice in life?
4. If we forgive even if something is not fair, how can that change how we feel?

**Life Application-** Now think of a good life application. Use the **H.A.B.I.T.S.** acronym.

**Please respond to the following questions in 1 sentence.**

1. Did the HABITS acronym help in creating a life application? Please elaborate.
2. Describe any one challenge that was encountered in developing the life application.

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### **BREAKOUT ROOM #5**

**Value-** Non-violence

**Sub Value-** \_\_\_\_\_ (fill in Sub value you think is appropriate)

**Spiritual Principle-** To learn to love oneself and others, especially those with disabilities.

**Quote-** “Duty is the responsibility one has to respect and revere others, and to serve them to the best of one’s ability.” – Sai Baba, Sathya Sai Speaks vol. 19, p. 44

## **Story**

When Timmy was born, he had to learn how to crawl and then how to walk as all babies do when they start to grow up. His Papa (grandfather) lived at his house and would play with him. They built blocks and laughed when they were knocked down. They put together puzzles and played other games. Timmy loved his Papa. When Timmy was learning to walk, his Papa would say, “Timmy – just put one foot here, and then the other foot there. That’s right – you can do it....whoops, you fell down, but get up and try it again! With practice anything is possible.”

Then one day, Timmy began taking steps all by himself. His Papa gave him a big smile and Timmy felt very proud. As he grew even older and better at walking, he and his Papa would go together for walks in the woods. They would call out to the birds in bird language. They would find acorns and look for tracks of animals. Papa helped Timmy’s life come alive with curiosity. He would read him stories about giants in far off lands and fairy godmothers who helped children. He would sometimes run into his Papa’s lap and they would roll on the floor together. Timmy loved his Papa very much.

One day when Timmy woke up, he couldn’t find his Papa.

“Mom - where is Papa?” asked Timmy. Timmy looked at his mommy’s face and could see that she was sad. Where was that smile she always had?

“What’s wrong mom?” “Where’s Papa?”

“Papa is sick,” his mom said. “He is in the hospital.”

Timmy started crying. “When will he come home? I have to go see him.”

“You can’t see him right now, honey. He’s too sick.”

“But when can I go see him?”

“I don’t know right now,” his mom said.

The next week was an eternity for Timmy. Every day he thought about his Papa and he missed him so much. He said prayers at night for his Papa. He prayed, “Papa, please get better soon. Please come home so we can play together again.”

Another two weeks passed. Timmy sent a picture he colored to his Papa. It was a picture of them playing together. He thought it would help him feel better.

Then one day, his mother said, "Timmy! Papa is coming home today." Timmy was so happy that he started dancing around the room.

"But" his mother continued, "he won't look the same as when you last saw him. You see, he has had a stroke which is a blood clot in the brain, and he can't smile like he used to and he can't walk."

"He can't walk?" Timmy responded? "No, he will have to learn that again." Timmy thought, "Papa taught me to walk, so now I will teach him to walk again." His Papa came home and sure enough, he didn't smile and couldn't walk. He just sat in the comfortable chair and looked out into space. Timmy didn't know what to do at first, but then he just started doing the things they always did. He built a tower of blocks and then knocked it down. His Papa looked and Timmy saw it. Yes, he saw the beginnings of a half-smile.

Then Timmy got out a storybook and read it to his Papa. He colored a picture for him. He sat in his lap and hugged him even though he couldn't hug him back very well.

Each day a nurse would come with a walker to try and get him to walk. Timmy knew exactly what to do. He taught him the same way his Papa had taught him.

"Papa, first you put this foot here, and then the other foot there. Come on, you can do it!" His Papa looked at him and there was that little smile again.

"Come on Papa, I know you can do it. Just keep practicing and then we can go for those walks together in the woods again."

Each day, Papa began to walk a little better until he could walk in the walker without help. He was starting to talk more too. Even though it didn't sound exactly the same, Timmy could understand him. And they began to play together more.

One day, Timmy saw his mother standing in the doorway with tears in her eyes. "Mama, why are you crying?" "Timmy, I am crying for joy. Your love is helping Papa get better. It makes him try harder. I love you both so much!

Eventually Papa was able to walk without the walker but he still had to limp a little. He had a brace to help his leg. But that didn't matter. What mattered was that they were having fun together again.

### **Discussion questions-**

1. What did grandfather teach Timmy? Forbearance. Caring for others. Perseverance.
2. What did Timmy teach the grandfather after the stroke? Gratitude. Courage. Caring for others (pretty much the same thing Papa taught Timmy).



3. Did Timmy stop loving his Papa just because he couldn't walk or talk as he used to? No he did not stop.
4. Has your concept of what is considered a disability changed as a result of hearing this story? (Teacher: Point out that any problem that can interfere with our functioning in society can be looked at as a disability.) Discrimination.
5. What are some of our own disabilities? (time management, fears, obsessions, addictions to sugar, weakness in writing or math skills, etc.)

**Life Application-** Now think of a good life application. Use the **H.A.B.I.T.S.** acronym.

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2. Describe any one challenge that was encountered in developing the life application.