



# **SSSIO-USA National SSE Enrichment**

## ***Who's Driving?***

**SSE Group 3 – Breakout Room #1**

***July 17, 2021***

# Spiritual Principle & Value



- **SPIRITUAL PRINCIPLE: Exercising Forbearance**
  - **Value: Right Action**

# Quote & Affirmation



- **QUOTE:** *Forbearance is truth, righteousness, right living, love, nonviolence – all virtues rolled into one.*  
– SS March 1980, 68.
- **Affirmation:** *I have forbearance.*

# What is Forbearance?



- Forbearance is the capacity to endure hardship or inconvenience without complaint or protest. Forbearance is being long-suffering, patient, resigned, tolerant. So, forbearance means showing restraint in the face of provocation. Forbearance requires keeping oneself in check and controlling oneself. This means holding back or abstaining from expressing all our reactions.
- Forbearance also means forgiving any harm done toward us. There is nothing extraordinary about returning good for good, but doing good in return for bad that is an extraordinary quality.

# The Story of Joseph

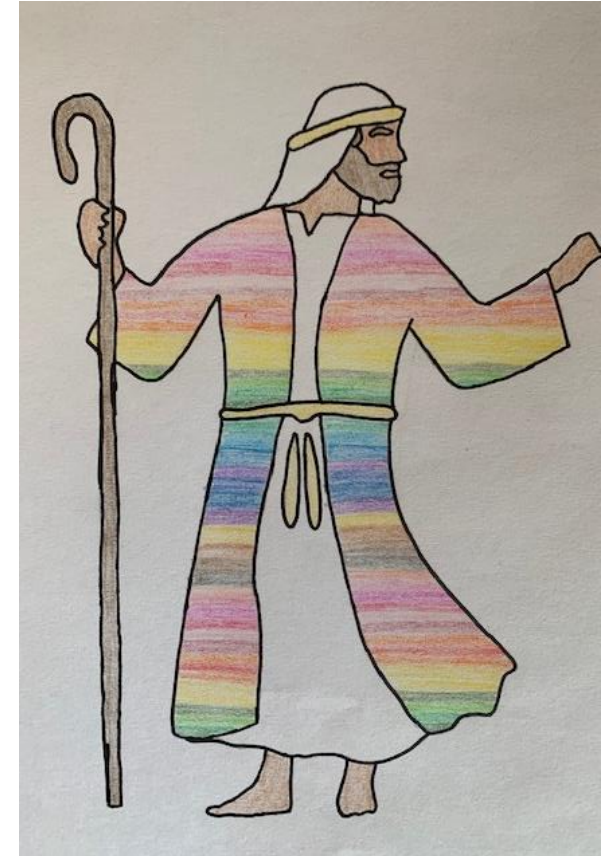


- Joseph was the second youngest of twelve brothers born to Jacob, who was called Israel. Israel loved Joseph more than any of his other sons because he had been born to him in his old age, and he made an ornate robe for him. When his brothers saw that their father loved him more than any of them, they hated him and could not speak a kind word to him.
- One day, Joseph traveled to check on his brothers while they were watching their sheep. His brothers plotted against him, threw him in an empty well, and later sold him as a slave to some traveling Midianites. Applying animal blood to his “ornate robe,” they returned home and made Jacob believe his son had been killed by wild animals.
- In the meantime, Joseph was taken to Egypt and sold to the captain of the guard, Potiphar, as a household slave. Joseph was later falsely accused of cheating and thrown into prison. While in prison, Joseph accurately interpreted the dreams of two of Pharaoh’s servants, who were also incarcerated. Later, Pharaoh had a disturbing dream no one could interpret. One of the servants Joseph had previously helped then suggested to Pharaoh that Joseph could interpret the dream. Joseph was summoned from prison, and he interpreted Pharaoh’s dream in such a powerful way that he was appointed second-in-command over Egypt.

# Story (contd.)



- Pharaoh's dream predicted seven years of famine. During the famine, Joseph's older brothers came to Egypt to buy food. They did not recognize Joseph, now twenty years older, and he was stern with them, pretending that he thought they were spies. Joseph kept one brother in prison until the others brought their youngest brother, Benjamin, back to Egypt to prove they were not spies. They brought Benjamin with them on a return trip, and Joseph revealed himself to his brothers. They were shocked, yet soon glad to be reunited. Joseph sent word for the entire family to join them in Egypt until after the famine.
- Later, when their father, Jacob, died, Joseph's brothers feared that Joseph would take revenge against them for their prior treatment of him. They came to Joseph and begged for his forgiveness, appealing to a request their father had made before he died. Joseph wept when he heard their appeal. Revenge was the last thing on his mind. Joseph said to them, "Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives."



# Reflection and Commitment



- What is the purpose of the story of Joseph?
- If you were in Joseph's shoes, would you have acted similarly?
- Were the brothers exercising forbearance? What would have been a better way to handle their jealousy?
- Do you find practicing forbearance hard? What are some of the things that get in the way of practicing forbearance?
- Can you think of one Swami quote on forbearance that applies to this story?

# Song



When dark clouds fill your skies, hiding sunshine from your eyes

Say his name, see his form, hold on

Hold on, hold on, say his name, see his form, hold on

When things are getting rough, and you feel enough's enough

Say his name, see his form, hold on

Hold on, hold on, say his name, see his form, hold on

When life seems so unfair, and no one seems to care

Say his name, see his form, hold on

Hold on, hold on, say his name, see his form, hold on

Keep a smile and say "I can" love and serve your fellow man

Say his name, see his form, hold on

Hold on, hold on, say his name, see his form, hold on



# Life Application – H.A.B.I.T.S.



<b>H</b>	<b>Hands on Human Values</b>
<b>A</b>	Age Appropriate
<b>B</b>	Beneficial
<b>I</b>	Involves Parents
<b>T</b>	Trackable Over Time
<b>S</b>	Connected to Spiritual Principle



# **SSSIO-USA National SSE Enrichment**

## ***Who's Driving?***

**SSE Group 3 – Breakout Room #2**

***July 17, 2021***

# Spiritual Principle & Value



- **SPIRITUAL PRINCIPLE: Selfless service**
  - **Value: Love**

# Quote & Affirmation



- **Quote:** *Love expresses itself as service, love grows through service; love is born in the womb of service. God is love.*
  - *Sathya Sai Speaks 7:52, 292; Dasara, Prasanthi Nilayam, Oct. 4, 1970.*
- **Affirmation:** *I express love in the form of service.*

# What is Selfless Service?



- Service means helping others.
- Selfless service means putting others over oneself and acting without any desire for reward or recognition.

# The Story of Muhammad



A long time ago, at the time of Prophet Muhammad, there was an old woman who was carrying a heavy load along the road in the desert. It was a bit difficult for her, but she was managing as best as she could. A young man asked if he could help her with her load, and she readily obliged. Here is the conversation that transpired:

“It would be such a pleasure to have you come along with me. I accept your gracious offer of kindness and company,” she said. She was a very talkative woman, and the young man did not want to interrupt her.

So, he let her speak the entire time they were together without interruption:

“But as we walk along young man and as you help me with my load, I have only one request as we travel down this road: Don’t talk to me about Muhammad! Because of him there is no peace and I have trouble in my mind. So, don’t talk to me about Muhammad! And as we walk along together, we will get along just fine.”

She continued:

“That man upsets me so, so much more than you could know! I hear of his name and reputation everywhere I go. Though his family and his clan once knew him as an honest man, he’s dividing everyone with his claim that God is one!”

“He’s misled all the weak, the poor, and the slaves. They think they’ve all found wealth and freedom by following his way!” she sarcastically snorted.

# Story (contd.)



“He’s corrupted all of our youth with his twisted brand of truth. He’s convinced them that they all are strong and gave them somewhere to belong. So, don’t you dare talk to me about Muhammad!”

They reached their destination, and the man helped the woman put away her belongings. The old woman, with a wide smile of gratitude at this stranger’s kindness, turned to him and said,

“Thank you now, young man. You’ve really been so kind. That generosity and smile is very rare to find now a days. Let me give you some advice, since you’ve been so very nice to me. Stay away from Muhammad. Don’t heed his word or emulate his way. If you do, you will never have true peace, and all you will find is trouble.”

As the young man turned to walk away, she stopped him: “Now before we part and go, if it’s alright just the same, may I ask my dear young man, who are you? What’s your name?”

He told her, and she stopped dead in her tracks.

“Forgive me, but what was that? Your words weren’t very clear. My ears are getting old, and sometimes I have a hard time hearing. You know, it’s truly rather funny, but I’m sure I must be wrong. Yet, I thought I heard you said that your name is Muhammad.”

“I am Muhammad,” the Prophet told the old woman.



# Reflection and Commitment



- What aspects of the story stood out the most to you?
- How was Prophet Mohammad able to help the old woman even though she mocked and maligned him throughout their encounter?
- If someone you are trying to help/serve hurts you, would you continue to help/serve them?
- Do you find practicing selfless service hard? What are some of the things that get in the way of practicing selfless service?
- How can you make serving and putting others first a priority in your life? At home, at school, at the Sai center, in the community?





# Song



A temple in my heart, a prayer in my soul  
A song on my lips and I sing to You (2X) [Chorus:]  
Baba Sai Baba, Sathya Sai Baba, Baba Sai Baba, I sing to You  
Sathya Sai Baba, Baba Sai Baba, Sathya Sai Baba, I call to You  
A light in my heart, a yearning in my soul  
A name on my lips and I call to You (2X) [Chorus]  
Joy in my heart, peace in my soul  
A smile on my lips and I sing to You (2X) [Chorus]

# Life Application – H.A.B.I.T.S.



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# **SSSIO-USA National SSE Enrichment**

## ***Who's Driving?***

**SSE Group 3 – Breakout Room # 3**

***July 17, 2021***

# Spiritual Principle & Value



- **SPIRITUAL PRINCIPLE: Unity of Thought, Word & Deed**
  - **Value: Integrity**

# Quote & Affirmation



- **Quote:** *The highest discipline is to bring about unity in thought, word, and deed.*
  - SSS 10:59, 384; Sri Sathya Sai College for Women, Anantapur, Feb 17, 1980.
- **Affirmation:** *I have unity and purity in thought, word, and deed.*

# What is Integrity?



- Integrity is living according to the laws of nature and the rules of right action.
- It means having thoughts, words, and actions aligned.

# The Story of Integrity



In May of 2005 American professional tennis player Andy Roddick was playing Fernando Verdasco, of Spain, in the round of 16 at the Italia Masters tennis tournament in Rome, Italy. Roddick was the number one seed in the tournament and a heavy favorite to win the match and advance.

Roddick, one of the top players in the world, was at the top of his game. Indeed, just one month later he would make it to the finals at Wimbledon before losing to Roger Federer.

Roddick dominated as expected and had triple match point when something extremely unusual happened. Roddick couldn't return Verdasco's hard second serve but the linesman called the serve out and awarded Roddick the point and the match.

With the crowd cheering Verdasco ran to the net to shake Roddick's hand and congratulate him on his victory. However, Roddick knew something that the linesman, the umpire, the cheering crowd, and Verdasco himself didn't know. The serve had not been out, but had hit on the line, making it in. Roddick could have kept this information to himself and accepted the victory. Indeed, honor calls are not expected in tennis. Instead, he informed the umpire that the ball had been in and offered to show him the mark on the clay where the ball had hit to prove his point.



## Story (contd.)

The umpire reversed the call and awarded the point to Verdasco.

Having been given a second chance Verdasco made the most of it. He came back to win the game, the set, and the match giving him a highly improbable victory, especially considering not long before he had been standing at the net ready to concede.

Sportswriter Frank DeFord estimates Roddick's honesty cost him at least "tens of thousands of dollars;" perhaps much more if he had gone on to win the tournament. Integrity was clearly more important to Roddick than either winning or money. Andy Roddick lost a tennis match that day but won something much more important, and in the process set a great example of sportsmanship for competitors everywhere.



# Reflection and Commitment



- If you were in Roddick's shoes, would you have acted similarly?
- If you did not speak up and ended up winning, do you think it would have bothered you at a later time?
- Are instant monetary/reward gains important or long-term value gains?
- What do you think Roddick gained through this act of integrity? (In categories of character, emotions etc.)

# Song



This little guiding light of mine  
I'm gonna let it shine  
Let it shine, all the time, let it shine

Hide it under a bushel, no  
I'm gonna let it shine  
Hide it under a bushel, no  
I'm gonna let it shine  
Let it shine, all the time, let it shine



# Life Application – H.A.B.I.T.S.



<b>H</b>	<b>Hands on Human Values</b>
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# **SSSIO-USA National SSE Enrichment** *Who's Driving?*

**SSE Group 3 – Breakout Room # 4**

*July 17, 2021*

# Spiritual Principle & Value



**SPIRITUAL PRINCIPLE:** *With determination you can make a positive impact on society*

**Value:** *Determination*

# Quote & Affirmation



**QUOTE:** - *For the accomplishment of any aim in life, man needs an unflinching mind, tireless endeavor, and unshakeable determination.*

- Divine Discourse, Jan 14, 1989.

**AFFIRMATION:** *I have unshakeable determination.*



# What is Determination?

- Determination refers to firmness of purpose; resoluteness.
- A determined leader does not allow opposition or trouble or initial defeat or anything else to disrupt the course of action they have decided to pursue without making a total effort to succeed.
- Winston Churchill famously counseled determination to a group of schoolboys with the words: *“Never give in. Never give in. Never, never, never, never—in nothing, great or small, large or petty—never give in, **except to convictions of honour and good sense.** Never yield to force. Never yield to the apparently overwhelming might of the enemy.”*

[Determination and Leadership Part 1: Determination as a spiritual exercise](#)

# The Story of Determination



Greta Thunberg was born on Jan 3, 2003 in Stockholm. She was about eight years old when she first heard about climate change. Thunberg found it “too unreal” that no one was doing anything about it and, at age 11, fell into depression. Her revolution started at home with her parents, opera singer Malena Ernman and actor Svante Thunberg. When Thunberg first approached them with her idea of school striking, they were not supportive. “They did not support the idea of school striking and they said that if I were to do this I would have to do it completely by myself and with no support from them,” Thunberg said.

Later she was diagnosed with Asperger syndrome, obsessive-compulsive disorder and selective mutism. In her talk at TEDxStockholm, she said this means she “only speaks when (she) thinks it’s necessary – now is one of those moments”. “I overthink,” she said in an interview with The Guardian earlier this year. “Some people can just let things go, but I can’t especially if there’s something that worries me or makes me sad. She recalled that when she was younger, she would cry when teachers showed her class films of plastic in the ocean and starving polar bears.

In May 2018, Thunberg won a climate-change essay competition for the Swedish newspaper *Svenska Dagbladet*. That was the genesis of her activism career. Three months later Greta launched the "Fridays For Future" movement — or School Strike for Climate (as it says in Swedish on her now-famous sign), encouraging students to skip school to demand action on climate change from their governments.





# Story (contd...)

That November, when she was in ninth grade, Thunberg staged a two-week strike outside the Swedish parliament, demanding that her government cut emissions by 15% a year. Her activism led her to camp outside of Swedish Parliament holding a sign that said "Skolstrejk för klimatet" which translates to "School Strike for Climate." She had skipped school to protest climate change.

Today, 18-year-old Greta Thunberg is an inspirational person for students who want to reduce the effects of climate change. She has also convinced her family to start lowering their carbon footprint by adopting a vegan diet and giving up air travel, which also meant her mother had to give up performing internationally. She still spends every Friday on strike; Thunberg is on week 72, according to her Twitter.

In 2019, Greta was named Person of the Year by Time Magazine in recognition of her work as a climate change activist. In an interview with the magazine, she said concerning the importance of environmentalism, "We can't just continue living as if there was no tomorrow, because there is a tomorrow."

Greta's actions have shown that every single person has an important role to play in society. There are plenty of things you can do to make an impact, regardless of your age.



# Reflection and Commitment

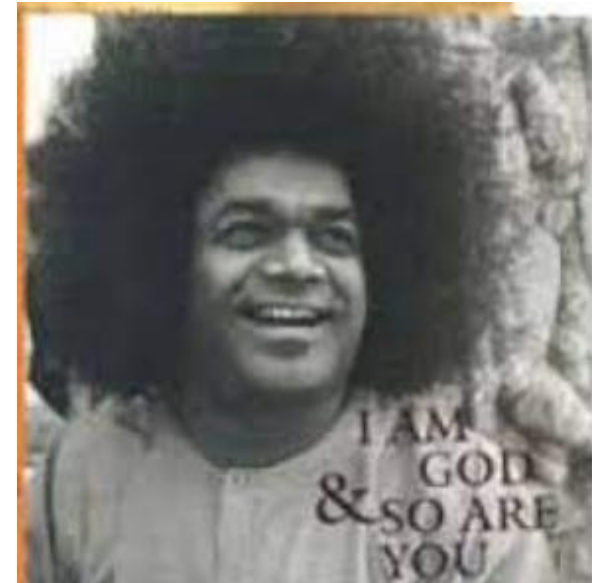


1. Who are you at your best moments?
2. Who are you when nobody's watching?
3. Which kind of person are you deep within?
4. How do you cultivate your own self-esteem so you remain strong and level-headed?
5. What did Swami tell us about recharging our determination?

# Song



I am God, I am God, I am no different from God,  
I am the Infinite Supreme, the One Reality  
I am Satchidananda Swaroop  
I am Om Tata Sat Om  
I am Love, I am Truth, I am Peace eternally  
I am ever pure Delight. I am always full and free  
Fear or grief can never touch me.  
I am Om Tat Sat Om



# Life Application – H.A.B.I.T.S.



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