

# SATHYA SAI INTERNATIONAL ORGANIZATION-USA



## SAI SPIRITUAL EDUCATION- NATIONAL REFRESHER AND ENRICHMENT

July 26, 2020

### Head, Heart, Hand- Life Application Workbook

*“Ravana knew all dharma, but without putting them into practice what is the use of having known them simply through the texts? All dharma, which is not put into practice, is just as bad as adharmas, so also all knowledge which is not put into practice is as bad as ignorance. Today, many young people know what good work is, and they have to make an effort and participate in it. They do not make any effort. The first thing we should do is to put into practice the good things which we believe are good. By simply believing that something is good, by having faith in being good and yet not putting into practice, how can one get any result in that manner.”*

- Sathya Sai Baba [May 1977 Summer Course #12]

## SELF-ASSESSMENT QUESTIONNAIRE

**NOTE:** Please fill out this form before the workshop and be as honest as you can to assess yourself. This form is for your reference only. It will serve as a baseline and help you understand where you can make improvements after the workshop.

**Rating Scale:** 5. Excellent, 4. Very Good, 3. Good, 2. Fair, 1. Must work on it

EVALUATION FACTOR		RATINGS					COMMENTS
<b>Strengths</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
1	I am able to spend time reading Swami's literature or listening to Swami's discourses						
2	I have a good understanding of Swami's teachings as it relates to my SSE class						
3	I practice what I teach in class						
<b>Life Application</b>		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
4	I have a good understanding of what Life Application is						
5	I am able to develop Life Applications easily						
6	I focus on Life Application and build my lesson plan around it						
7	I am flexible to address questions that come up in class even if I am not able to complete the lesson planned						
8	I am able to spend enough time in class discussing how to do the Life Application						
9	I am able to engage parents effectively in the practice of Life Application by the children						
10	I follow up on Life Application with the students and parents to ensure the child has understood the spiritual principle						

## TOPIC INTRODUCTION

### *Slide # 4 Objectives*

- To be able to create simple, specific and concrete life applications to practice
- To bring out a new understanding in our lives from Swami's teachings
- To experience the connection with our inner SELE through Unity in Thought, Word and Deed

### **Key learnings**

### *Slide # 5 Outline*

- Life Application - What, Why, How, When, Where
- Breakout Room Discussion by SSE Groups
- Reflection and Resolution

### **Key learnings**

### *Slide # 6 What is Life Application?*

- Applying a principle one learns from SSE and putting into practice (like school and homework)
- It is the crux of SSE
- It is integral part of LIFE
- It is not a one-time or one-week practice, it is a lifelong practice
- Unity in Thought, Word and Deed
- Thought - Mental Understanding, Word – Understanding through Verbal Activities, Deed – Understanding through Doing

### **Key learnings**

*Slide # 7 Why is Life Application important?*

- It is essential for LIFE (sadhana to be on the right path)
- Harmony in the head, heart and hands
- Strive to be walking examples of Swami - our lives should be HIS message
- HEAD – Thoughts, Emotions; HEART – Individual Consciousness; HAND – Words, Actions

**Key learnings**

*Slide # 8 What to Consider when Developing Life Applications*

- Life Application must be simple, specific, concrete, measurable and practical
- Know your children
- Know your objective
- Use best approach for children
- Keep it age appropriate
- How would Swami do it?
- Engage Parents
- Have a plan for accountability
- Follow-up with children
- Follow-up with parents

**Key learnings**

*Slide # 9 How to keep Age in Mind for Life Application?*

- SSE 1: Doing
- SSE 2: Doing + Thinking
- SSE 3: Doing + Thinking + Planning
- SSE 4: Doing + Thinking + Planning + Integrating

**Key learnings**



*Slide # 10 Example of Life Application for Different Age Groups*

- *Objective: Instill the Essence of Helping*
- *Value Love; Sub-Value: Helpfulness*
- *Example: Putting laundry away*
- *Parent Engagement: Tell parent to not do it for a week*
- *SSE 1 – Help fold the clothes (doing)*
- *SSE 2 – Sort out the Laundry (doing + thinking)*
- *SSE 3 – Do the laundry (doing + thinking + planning)*
- *SSE 4 – Do the laundry and reflect on if they need those many clothes (Ceiling on Desires) – (doing + thinking + planning + integrating)*

**Key learnings**

*Slide # 11 How and when to practice Life Application?*

- *Thought – Mental Understanding through quote, song, story and discussion (in the classroom with teachers input)*
- *Word – Understanding through Verbal Activities – Examples: Writing affirmations or pledges, journal writing, repetition of prayers, songs, or affirmations*
- *Deed – Understanding through Doing – Examples: Helping parents or siblings, make it a game, have fun – as you walk say Sairam or God’s name with every step, research on a topic or lesson (outside the classroom with parents support)*
- *Practice Daily*

**Key learnings**

*Slide # 12 Where to practice Life Application?*

- Individually
- In the classroom
- In the home
- In the Sai Center
- In the community

**Key learnings**

*Slide # 13 How to involve and engage parents?*

- Parent orientation, involve in Life Application Invite to SSE class periodically, Inform what is taught in class every week, Involve in planning activities and service
- Have regular one-on-one conversation
- Visit home as appropriate
- Have year-end reflections
- Review SSE questionnaire with parents

**Key learnings**

*Slide # 14 Life Application Examples*

- Be Happy: Draw a happy face on the “I’m happy always” log if you are happy the whole day in all situations (do this every evening before going to bed).
- Save the Earth: Students write a few sentences and follow through on reduce consumption of paper, food, plastic, water and power etc.; reuse things and recycle items
- Gratefulness: Remember one special good thing that happened to you during the day and write a sentence about it in the evening before going to bed.
- Time Management: Prioritizing day to day activities: Assign numbers 1 to 4 to activities based on the priority and importance. Use sticky notes for color coding and reminders.
- Watch your Thoughts: Every day when a negative thought arises write down Sairam in you journal.

**Key learnings**

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**GUEST SPEAKER [Highlights]**

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## BREAKOUT SESSION

### Description of the activity and your task

**Spiritual Objective:** **Unwavering Faith in God**

**You are provided with the following:**

- Story
- Thought for the Day
- Quote

#### **The Pandit and the Milk Maid Story- Faith**

There was a pundit who led a disciplined life, and always stuck to a prearranged timetable. He woke up from sleep in the early hours of the morning, recited Pranava (Om) and later, after ablutions, drank a cup of milk exactly at 7 a.m. every day. This meant, a lot also depended on how punctual his milk maid was.

But sometimes the milkmaid would arrive late, for she lived on the other side of a river. The river flowed between where she lived and the pundit's hut. She had to catch a ferry to cross over the river with the milk. The ferryboat would sometimes either start a little early or a little late. So, on those days by the time she reached the Pundit's house it used to be very late.

One day, the Pundit admonished her. He said, "You are disrupting my disciplined life. Don't you know that I must have my cup of milk at 7 a.m. everyday? Why do you depend on that boat to take you across? Just repeat the name of Rama. The river will part and you will be able to walk across. Rama will see that you do not get drowned."

The maid being very simple and unsophisticated had faith in the words of the Pundit. Next day, the maid repeated the name of Rama and just walked across the river!

The Pundit questioned her: "So, how did you manage to come on time today?" The milkmaid replied, "Sir, I repeated the name of Rama as you had instructed yesterday, and I could just walk across."

The Pundit was now flabbergasted; he did not believe her account. He just drank the milk and said, "Let's now go to the bank of the river. Let me see you walk across the river."

The maid stepped into the river repeating the name of Rama, and she could just walk across! The maid requested the Pundit to follow her. But the Pundit knew that he would not be able to do it, because he did not have faith in what he himself had said. In spite of his scholarship, he did not have faith in the power of the Name.



### **Thought for the Day**

Remembrance of the Lord's name is the method of crossing over the ocean of the worldly life for this age; remembering the Lord by means of His Name is enough to save man. The Lord is Aanandamaya (of the nature of Bliss); He is also Aananda (divine bliss), which is to be tasted through the Name. It is Sat-Chit-Ananda (Being-Awareness-Bliss Absolute). You may doubt whether such a small word like Rama or Sai or Krishna can take you across the boundless sea of worldly life. People cross vast oceans on a tiny raft; they are able to walk through dark jungles with a tiny lamp in their hands. The raft need not be as big as the sea. The Name, even the Pranava (Om) which is smaller, has vast potentialities. The recitation of the Name is like the operation of boring, to tap underground water; it is like the chisel-stroke that will release the image of God imprisoned in the marble. Break the encasement and the Lord will appear.

- *Divine Discourse, Jan 13, 1965.*

### **Quote**

An individual devoted to God knows no failure. The name of the Lord, when taken sincerely, will help you overcome all obstacles, however mighty they are! - *BABA.*

### **Pointers for Discussion**

- Create Life application
- How will you engage parents?
- How will you ensure children practice?
- How will you follow-up with children?

### **Discussion**

## WRAP-UP

### *Slide # 17 Conclusions*

- Life application forms the core aspect of your lesson
- It is not a one-time or one-week practice, it is a lifelong practice
- Know your children and know your objective
- Use best approach with children in mind and keep it age appropriate
- Keep it Simple, Specific, Concrete, Measurable and Practical
- Engage parents in the child's life application
- Harmony in Head, Heart and Hands
- OUR LIFE SHOULD BE HIS MESSAGE!!

### **Key learnings**

## REVIEW

- A) Something new I learnt from the workshop
- B) Concepts that were reinforced and deepened

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## COMMIT TO PRACTICE

After review and reflection, commit to bring one new concept/best practice that you learned into regular practice. This is a personal commitment you are making to Swami.

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