



Growing Together through the Shri Sanjay Sai Soul Blossom Programme

Seven Principles for Teachers and all of Us

Introduction

Our children are growing up in a fast-changing world – surrounded by academics, technology, social media, competition, and countless distractions. While modern education emphasizes knowledge and skills, it is equally important to nurture character, emotional balance, and inner strength, and human values.

By living the values of the **Shri Sanjay Sai Soul Blossom (SSSSB) Programme**, we help children blossom from within. We focus on the whole child - **head, heart, hands** – supporting not only academic learning but also moral, emotional, social, and spiritual growth.

These Seven Principles are gentle invitations to all of us to learn, practice, and grow together.

1. Let Us Remember God and Stay Connected to the Divine

Let us always remember that God resides in every heart as the **Atma, the Divine Self** – in every individual, animal, plant and throughout the whole creation. By practicing the Human Values in our daily lives, we can deepen our connection with God.

Let us be grateful that through His divine grace, we have been given the opportunity to be part of this sacred mission to guide children in their growth.

2. Let Us Live the Human Values and Set a Good Example

Children learn not only from our words, but even more from what we do. Therefore, let us strive to first live the values we wish to share so that our actions become the lessons they carry with them.

The five Universal Human Values – **Truth, Love, Peace, Right Conduct, and Non-Violence** – form the foundation of good character. From these arise guiding virtues such as honesty, respect, equality, kindness, helpfulness, sharing, compassion, caring, responsibility, cooperation, patience, forgiveness, gratitude, self-discipline, tolerance, courage, perseverance, humility, and devotion (*love and dedication to God*).

Let us strive to see the good in one another, appreciate each other's strength, encourage growth, and learn together. Rather than focusing on faults, criticism, or gossip, let us support each another's growth.

When we sincerely live these values, children will naturally absorb and learn them through our example.

3. Let Us Guide Every Child with Love, Patience and Understanding

Let us approach every child with the same love, care, and attention we would give to our own children or younger brothers or sisters. We recognize that every child is unique and grows in their own way. Therefore, let us guide every child with patience and understanding.

Love holds immense power to transform lives, yet true love does not exclude discipline. Together, we can seek a healthy balance between **love and discipline**, helping children develop responsibility, self-control, and strong character.

4. Let Us Practice Daily Self-Reflection and Light Meditation

If we wish to help children grow, we must continue to look within ourselves. Let us regularly take a few moments to reflect on our day and ask:

What thoughts did I have today? - What words did I speak? - What actions did I perform? - What can I improve next time?

This practice is not about judging ourselves, but about staying conscious of our own growth.

Alongside reflection, let us practice **Light Meditation** each day. It calms our thoughts, strengthens concentration, and nurtures inner peace. When we allow the light to radiate outward - to others, to nature and to all the creation – we begin to **experience the unity of life and awaken to our shared oneness**.

In this way, as we guide children to grow, we too continue to grow.

5. Let Us Live Consciously and with Discipline, and Use Wisely What We Have

Let us strive to do everything with attention, discipline, and dedication. Let us avoid unnecessary distractions and multitasking and giving full attention to what truly matters in each moment.

We can also use technology consciously - as a tool for education, communication, and service, rather than as a source of distraction. At the same time, let us learn to use wisely and responsibly the resources entrusted to us:

Time – Food – Energy – Money – Nature

Time is precious. Let us not waste time. Food deserves respect. Energy should be consciously used. Money must be spent wisely and responsibly. Nature calls us to collective care.

By using these resources with gratitude and awareness, we set an example for children – helping them develop responsibility for themselves, for others, and for the world around them.

6. Let Us Work Together as One Team

We do not walk this path alone. Let us respect, support and encourage one another as colleagues. Each of us bring unique qualities, experiences, and ideas. When we listen openly and learn from each other, we grow stronger together.

Let us not focus on who is right or wrong, but on **what we can learn from one another** and **what is best for the children**. By seeing the good in each other, offering help, and continuing to improve ourselves, we can create a harmonious and positive environment together.

7. Let Us Perform Seva with Love and Remain Humble

Seva – selfless service – is one of the highest forms of spiritual practice. When we serve others with a pure heart, we not only uplift them, but also transform ourselves. Through Seva, we reduce the ego, purify the hearts, and draw closer to God.

Along our shared journey, we may encounter success, appreciation, position, power, recognition, or popularity. Let us therefore support one another in remaining humble, always valuing the work itself above personal recognition.

Ultimately, our actions are not only for ourselves, but offered in love – for God, for the children and for society.

Closing note: Let Us Always Keep This in Mind

Teaching is one of the noblest professions in the world. Let us be grateful for the privilege of guiding children. By practicing these **seven principles** together each day, we not only help children to grow, but also **learn from one another and continue to grow within ourselves.**

Together, we can contribute to raising a generation of children with strong character, deeply rooted human values and loving and compassionate hearts.

Note: These principles are not meant only for teachers and students. They are **universal truths** especially valuable in our present time of challenges and change. They can be lived daily by people of all ages and cultures. As teachers, we have the special privilege of embodying these values and leading the way for the children through our own example.

Om Sairam.

Twam Sharanam Mamah.

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Note: Inspired by Bhagwan Shree Sanjay Sai Baba, the SSSSB Programme has been running in Nepal and other countries. The purpose of the programme is to guide everyone on the path of spiritual growth, helping us evolve into good human beings through the practice of values in daily life.