



A young boy felt sad because his father worked abroad. Even though they talked on the phone, he missed his father very much. Many afternoons, he sat quietly beside a river in a beautiful garden filled with trees, flowers, and singing birds.

One day, some friendly animals noticed him. There was a cheerful rabbit, a gentle deer, a playful squirrel, and a wise little bird. They all attended Animal SSSSB classes.

The bird asked kindly, "Why do you look so sad?" The boy replied, "I miss my father deeply."

The rabbit hopped closer and said, "Our SSSSB Guru teaches us that God is the Divine Father of all."

The deer added, "God lives in everyone's heart, including yours. Even though we cannot see Him, He is always with us."

The squirrel smiled and said, "When we sit quietly and meditate on the Divine Light in our hearts, we can feel His love and guidance."

These words brought comfort to the boy's heart. The little bird continued, "Whenever we practice love, kindness, discipline, and helpfulness, God shines through us."

The boy decided to follow their advice. Every day, he practiced Light Meditation and spent a few minutes thinking about the Divine Light in his heart. In the beginning, he could not focus, but slowly, he progressed. He also tried to live by good values. He became calmer, more patient, and more disciplined. He spoke politely, listened carefully, and helped others whenever he could. Although he still missed his father, he no longer felt alone.

One day, the boy smiled and said, "I may not always see my father, but I know that Lord Sanjay Sai Baba, my Divine Father, is always me, guiding me on the right path."

Everyone noticed the positive change in him. His good manners, kindness, discipline, and joyful nature inspired others.

He softly prayed: Dear Lord, today I discovered that when I practice Light Meditation, chant your name and pray, I feel Your divine presence in my heart, making me feel peaceful and joyful. Thank you God!"

Question: How can you feel God's loving presence in your daily life?

Heart-Work: Practice Light Meditation every day. Share one positive change you notice in your thoughts, words, or actions.