



Fourteen-year-old Girl had just joined a new school. She wanted everyone to like her, so she changed herself depending on who she was with.

With one group, she pretended to enjoy gossip. With another, she laughed at jokes she did not find funny. She even changed her opinions to fit in. At first, people seemed to accept her, but she felt tired and unhappy inside.

One day, her grandmother noticed her sadness.

"Dear child," she said gently, "why do you look so troubled?" "Grandma," the girl replied. "I try to make everyone happy,". "But no matter what I do, someone is disappointed."

The grandmother smiled and handed her a small lantern: "Take this lantern to your room tonight and sit quietly."

That evening, the girl watched its soft glow. She remembered her grandmother's words: "*A lantern shines because it is connected to its own flame. If it tries to borrow light from every other lantern, it will only flicker and lose its way.*"

The next day, she decided to be herself. She spoke honestly, treated everyone with kindness, and stopped pretending to please others.

Some classmates did not understand the change. A few even criticized her.

For a moment, she felt discouraged. Then she remembered the lantern. She prayed quietly, looked within, and listened to her conscience, the inner voice of God.

Weeks passed.

People noticed that she was calm, sincere, and confident. When disagreements arose, she remained respectful. When others gossiped, she chose kindness. When friends faced problems, she listened with compassion.

One afternoon, a classmate said to her: "At first I thought you were strange because you didn't follow the crowd. Now I realize you are simply being yourself. I wish I had that courage."

The girl finally understood that true happiness does not come from trying to please everyone. It comes from being truthful, living by values, and staying connected to the Divine within.

From that day on, she carried an invisible lantern in her heart. Its light guided her thoughts, words, and actions. And as her inner light grew brighter, it inspired others to discover the light within themselves.

Question: Have you ever changed yourself to please others? How did it feel?

Heart-Work: For one week, make a conscious effort to be your true self while practicing values. At the end of week, reflect and share how this experience make you feel.