



“Sairam, dear students,” the SSSSB Guru began. “Imagine that modern technology makes life easier. Travel takes less time, information is available instantly, and many daily tasks are completed more quickly. As a result, you gain **three extra hours every day**. How would you use this precious gift?”

The students reflected.

One student said, “I would sleep longer and spend more time on my phone.” Another said, “I would play sports and spend time with friends.” A third replied, “I would learn new skills and prepare for my future.” A fourth answered, “I would help people who need support.”

The Guru smiled. “Each choice has value. Rest strengthens the body. Friendship brings joy. Learning builds knowledge. Service develops compassion. But ask yourself: **Will your extra time help you become a better version of yourself?**”

The room became silent.

The Guru continued, “Technology can save time, but it cannot teach us how to use it. That choice belongs to us. Time saved becomes a blessing only when it helps us grow.” A student said, “Guruji, I would use my time wisely. I would spend some of it on recreation, some on learning, and some on seva.”

The Guru nodded. “That is a wise approach. Care for your body through exercise, enrich your mind through learning, strengthen your heart through kindness and service, and nourish your spirit through prayer, meditation, and self-reflection. In this way, we live a balanced life.”

Then the Guru shared three daily questions: What did I learn today? Whom did I help today? How did I become a better person today? “If your extra hours help you answer these questions,” said the Guru, “then your time has been well spent.”

From that day onward, the students understood that modernization is not only about making life easier. It is about creating opportunities to learn more, serve more, and grow more.

Question: If you received **three extra hours every day**, how would you use them to improve yourself and help others?

Heart-Work: For one week, keep a **Time Blossom Journal**. Each day write: What did I learn today? Whom did I help today? How did I use my time wisely? How did I become a better person today?