



A 9-year-old boy lived who in Nepal, listened carefully to his grandparents, parents, teachers, SSSSB gurus, and elders, and he truly practiced their wise lessons in his daily life. Every day, he tried to be kind, honest, and helpful.

Every morning, the boy prayed and meditated. During Light Meditation, he sent lights from his heart to his family, friends, animals, plants, and all people who were sad or sick. During prayer, he spoke with Swami about everything on his mind. He talked about his worries, school, dreams, and thanked Swami for all the help and love.

At school, he was honest and obedient. He respected teachers, always did his very best, and helped classmates who found lessons difficult. At home, he helped his mother with household chores and carried groceries for elderly neighbors.

One day, the school announced a prize for the most exemplary students. The teachers chose the boy! He did not have to pay school fees or activity costs for the entire school year because the school paid everything for him. In addition, he was allowed to choose any gift he wanted.

That evening, after Light Meditation, the boy smiled and said: **“Before, people did not like me very much because I listened to the lessons of my grandparents, parents, teachers, SSSSB gurus, and elders, but I did not truly practice them. But since I started practicing them, people like me and give me compliments.”**

After that, he sang a bhajan for Swami and spoke with Swami for a long time.

Questions of the day:

Do you also practice what you learn from others?

And what gift would you choose, and which bhajan would you sing for Swami?