



Trees from different countries joined the online SSSSB classes for trees and plants. Among them were Aro, a tree from Balkot, Nepal, and Kaya, a tree from Matadi, Congo.

Aro and Kaya dreamed of becoming exemplary trees. They wanted to have many branches and leaves to provide shade for travelers and birds. They also wanted to bear delicious, healthy fruits for everyone to enjoy. But no matter how hard they tried, their growth remained limited: small leaves, few branches, and tiny fruits.

With great determination, they decided to join the SSSSB tree class. During the lesson, they asked: *"Guru Ji, could you help us become exemplary and successful trees?"*

The gurus replied:

"We cannot change you. You can only change yourselves, but we can teach you how."

The gurus explained:

"To become exemplary, trees must think, say, and do positive things. Do not be jealous of trees with more fruits, do not gossip about other trees, and do not feel sad if children prefer playing under other trees. Practice light meditation and send light from your heart, where the God of trees resides, to all plants, animals, and people. Positive thoughts, words, and deeds strengthen our roots. This way, we grow better and bear more branches, leaves, and fruits."

Aro, Kaya, and the other trees were inspired. From that moment, they decided to live positively. Soon, they saw the results: they grew, bore more fruits, and became examples for trees in their countries.

Question for the Day: If trees can grow stronger by sending love and light, what do you think people can do to strengthen their 'roots' in life?