



In grade 8, the teacher announced a contest: *“Tomorrow, each of you will present a story that inspires classmates to practice values in real life. Write from your own experience, keep it positive, and remember—calmness is the key. A calm mind lets the heart speak clearly.”*

The children listened carefully. That day became a workshop of hearts, where each student shared what they could write.

**Student 1** shared: *“My uncle and aunt treat their son and daughter equally. Swami teaches us that the same divine light shines in every heart. We all are equal, and we must always do good karma. I will write about fairness and equality.”*

**Student 2** recalled *“When I was in my maternal uncle’s house, a neighbor’s daughter came to visit. She bowed to elders, greeted me with respect, and later helped an old lady carry her heavy bag. Her kindness lit the lady’s face. Inspired by this I began practicing politeness and helping others. My mother was surprised to see the change in me. My story will be about this transformation.”*

**Student 3** said: *“Children in my neighborhood struggled with homework. I thought, instead of playing, I can spare an hour daily to help them with studies. Soon, their results improved, teachers praised them, and even the elder child began teaching the younger. Serving others multiplies joy. My story will be about seva.”*

**Student 4** concluded: *“I realize that there are so many positive things surround us. Sharing them in stories will inspire us all to live with values.”*

The teacher smiled: *Children, values are like seeds. When you practice them, they blossom into flowers of goodness. Your stories will inspire your classmates and remind everyone that living with equality, respect, service, and kindness is the true path of life.*

*But remember—calmness is the soil in which these seeds grow. If you are calm, your mind will be focused, your words will be pure, and your story will carry the fragrance of truth.”*

**Question and Heart-Work:** *If you were to write a value story today, which value would you choose to include so that your story becomes a source of inspiration for others?”*