



Two students were talking about spiritual progress.

Student 1 said: "I don't feel that I am making much progress. I still get angry, feel jealous, and can sometimes be unkind. This year, I want to improve my character." **Student 2 replied:** "I feel the same. Yesterday, I spoke harshly to my younger sister and was not kind to my mother. Later, I felt sorry. I want to become a better person."

Student 1 asked: "Shall we ask the SSSSB students? I heard they learn about character building in their classes."

Just then, a group of SSSSB students walked by.

"Can you help us?" they asked. One SSSSB student smiled. "Of course. Spiritual growth does not happen overnight. It comes through small daily efforts." "What kind of efforts?" asked Student 1.

One student replied, "When I feel angry, I pause and ask myself, 'Will my words bring peace or hurt?'" Another said, "Before sleeping, I reflect on my day and think about how I can improve tomorrow." Third one said, "I try to practise conscious kindness every day - listening patiently, encouraging a friend, or speaking respectfully even when I disagree." Another shared, "When I feel jealous, I focus on learning from others instead of comparing myself with them." One older student said, "I spend a few minutes each day in prayer, silent sitting, or remembering God. It helps me to listen to my conscience." Another added, "I try to do at least one act of selfless service every day without expecting praise."

The SSSSB students smiled and said: "Spiritual progress is not measured by how much we know, but by how much our thoughts, words, and actions reflect Peace, Love, Truth, Selfless Service, and Helping."

The two students thanked them. From that day, they began practicing these simple ideas every day. Slowly, they noticed positive changes in themselves.

Question: What do you do to make spiritual progress in your daily life?

Heart-Work: For one week, consciously practice being more loving, forgiving, patient, and less hurtful. At the end of the week, share one experience that helped you grow spiritually and become a better person.