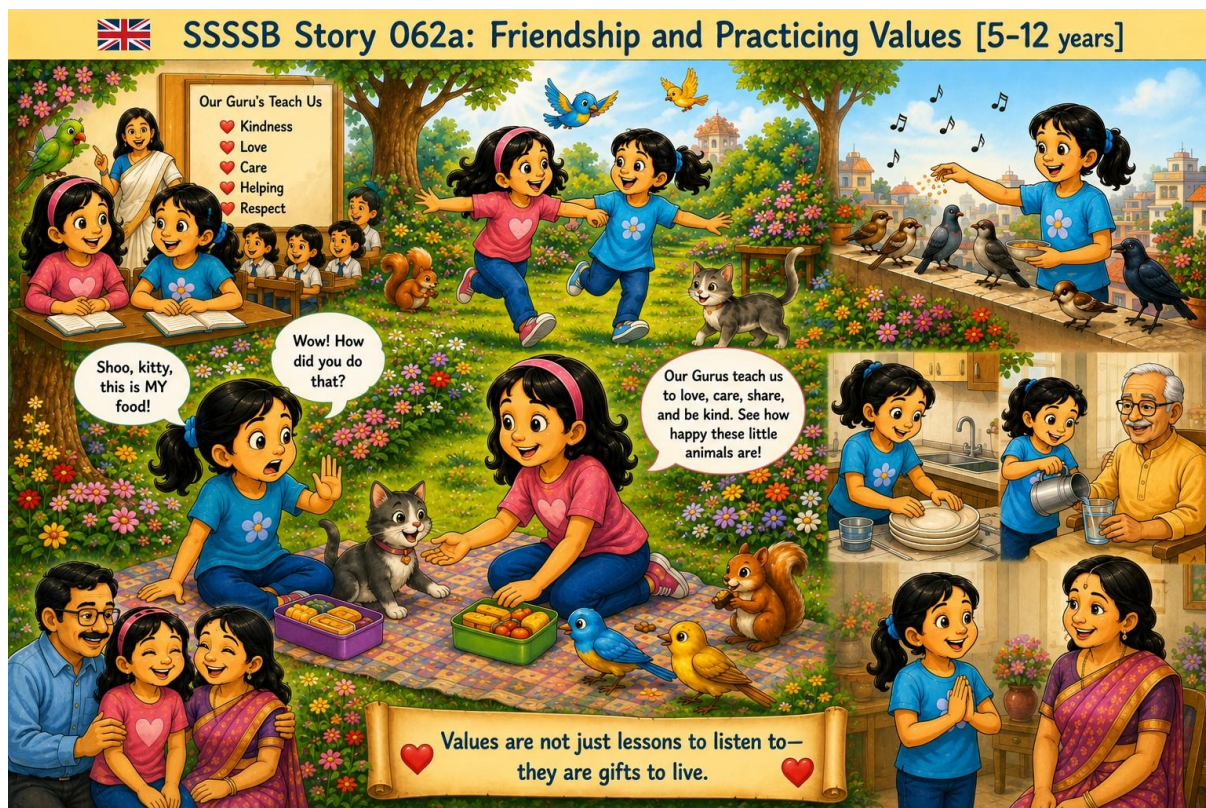




Two little neighborhood girls were best friends. They loved playing together and going to their SSSSB classes every week. Their Gurus taught them wonderful values—kindness, love, care, helping, and respect.

Girl 1 always tried to practice these values every day. She remembered the Gurus' words and lived them with joy.

Girl 2 also enjoyed the classes and understood the values, but at home she often forgot. Sometimes she would run straight to the kitchen and shout, "Mom, food!" without even saying "please" or "thank you."

One sunny afternoon, the girls were playing in a beautiful garden full of flowers, trees, birds, cats, and squirrels. After running around, they grew tired and hungry. They opened their snack boxes.

Just then, a little cat came meowing: "Meow, meow!" Girl 2 waved her hands, saying, "Shoo, kitty, this is MY food!" But Girl 1 giggled and said, "Come here, little kitty," and shared her snacks.

The cat purred happily and stayed close to Girl 1. Soon, a squirrel came bouncing over, and birds flew down to join the fun. It looked like a mini animal party!

Girl 2's eyes grew wide. "Wow! How did you do that?" she asked.

Girl 1 smiled: "Do you remember what our Gurus teach us? To love, care, share, and be kind. See how happy these little animals are when we practice those values."

From that day, Girl 2 began to change. Each morning, she put out food and water for the birds. Soon, sparrows, pigeons, and crows gathered on her roof, chirping loudly like they were singing a concert just for her. She laughed and said, "They're blessing me with music!"

She also started helping at home—putting washed dishes back in place, carrying water for her grandfather, and saying kind words to her mother.

Her parents were proud, and her friend was happy. Girl 2 had learned that values are not just lessons to listen to—they are gifts to live.

Question: Which good values are you already practicing in your daily life? Which values do you still need to practice more often?

Heart-Work: Try to live the values you have learned. After some time, write down your experience—how practicing these values has changed your thoughts and actions.