



In Nzanza, Matadi, lived a 13-year-old boy named Plamedi. Everyone lovingly called him *“the 5:30 Boy”* because every morning, without fail, he woke up at 5:30 a.m.

He began each day with Light Meditation and prayer, then made his bed, cleaned his room, and kept everything neat. Rain or shine, he arrived on time to school and to his SSSSB classes.

In class, Plamedi was always respectful. He raised his hand before speaking, waited for permission, and spoke calmly. He listened attentively until the end of every lesson, took neat notes, and even tidied the classroom before leaving.

One day, a teacher praised him in front of everyone: *“Look at Plamedi’s good character. Let us all learn from him.”*

Curious, a friend asked, *“How can you be so patient and disciplined every day?”*

Plamedi smiled and replied, *“Swami, Lord Sanjay Sai Baba says that discipline and patience are the bridge between dreams and reality. When we are patient, live with discipline, and practice Human Values, God can truly work through us. I learn these values in SSSSB classes from our Gurus.”*

“My Gurus say: Discipline is not punishment—it means loving order, respecting time, and taking responsibility. When we are disciplined, patient, and live by Human Values, each day becomes more beautiful.”

This answer opened the eyes of the whole class. From that day, the children made a vow: *“We will arrive before the class begins, join Plamedi to keep the classroom tidy, and practice patience and discipline in daily lives”*.

Soon, Nzanza was filled with cheerful, punctual children. They discovered that discipline and patience were not heavy rules but shining keys—keys to good character, happiness, and peace the world so urgently needs.

Question: How do you practice discipline and patience in your daily life?

Heart-Work: Practice these values. After some time, share your experience.

Om Sairam 🙏 [July 2026 🇬🇧 Matadi, DR Congo, SSSSB Guru Nzuzi Kisita Jean]