



Once upon a time, there lived a joyful family—a mother, father, and their 10-year-old daughter. Every week, the girl eagerly attended her SSSSB classes, where her Gurus taught her beautiful values: kindness, gentle speech, respect, and helping others.

At home, a playful rooster was part of their daily life. Each morning began with its cheerful crowing and funny little squatting. The mother prepared breakfast, while the child started her day with a short meditation. The rooster, as if guided by divine play, would wander into the room and sit quietly, imitating her meditation. His soft “kuk-kur-kuu...” at the end always made her laugh.

One day, the daughter noticed her mother looking tired and thoughtful. With gentle words she asked, “Mummy, what is troubling you?”

The mother smiled faintly: “My dear, I feel a little burdened by many chores and responsibilities. Sometimes my heart feels heavy, as if things are beyond my control.”

The daughter, remembering her Guru's words, replied: "Mummy, when life feels heavy and situations are not in our control, we must surrender them to God. Reading spiritual books, meditating, and praying keep us peaceful. God will guide us along the right path."

The mother was touched by such wisdom flowing from her little girl. Inspired, she began joining her daughter in meditation every morning and before bedtime. As always, the rooster joined too, ending their practice with his gentle crow, which brought laughter and lightness to her heart.

Soon, the father noticed the calm and radiant atmosphere in the home. By God's grace, he too began meditating with the family each day.

Peace blossomed in their household. Neighbors, seeing the family's glow and harmony, were amazed. They wondered how such serenity had been achieved—and discovered it was the girl's simple yet profound inspiration that transformed their home.

Thus, the playful rooster, the innocent wisdom of a child, and the grace of God together wove a story of love, peace, and spiritual growth.

Question: If you face a similar situation at home or in school, what would you do?

Heart-Work: Practice light meditation every day. After some time, share your experience.