



In a quiet village lived two sisters - 9 yrs and 10 yrs. Every week, they went to the **Shri Sanjay Sai Soul Blossom (SSSSB) Class**. There they learned values—helping at home, respecting elders, caring for little ones, and being patient etc.

One day, on their way home, they saw an injured parrot lying on the roadside. Its wing was hurt, and it could not fly. The kind girls, with gentle hands, picked it up and carried it home.

They placed the parrot in a small cage, gave it food and water, and spoke kindly to it every day. They reminded the parrot of the values they learned in the SSSSB class: "If we are patient and calm, we will succeed in what we do."

With loving voices, they added: "Dear Parrot, have patience! One day you will heal, fly again and rejoin your family."

Day by day, the parrot healed. It listened carefully and even began to learn human words.

One afternoon, their cousin (15 years old girl) came to visit. She was always in a hurry and often made mistakes. While serving water to her uncle, she was distracted by the smell of tasty food cooking in the kitchen. She stumbled, dropped the glass, and spilled water on her uncle's project document. She felt embarrassed and sad.

Suddenly, the parrot spoke: "Didi, you need patience. Stay calm and pay attention fully to what you do... Sairam! ... You will be happy and successful!"

The cousin was astonished. She realized the parrot was right. If she had focused on serving her uncle instead of thinking about food, she would not have stumbled.

She asked the parrot: "Oh lovely parrot, where did you learn such wise things?"

The parrot replied: "The two kind girls teach me every week after they return from SSSSB Class. They cared for me with patience when I was hurt."

The girls were amazed. By then, the parrot's wing had healed completely. With joy, the girls opened the cage and released it. The parrot flew high into the sky, calling out: "Sairam friends! Thank you for your patience and care. May Swami bless you!"

Heart-Work Question: Have you ever helped someone or cared for an animal with patience? How did it make you feel?