



A thirteen-year-old girl was an active member of the SSSSB class. Every week, she attended classes where she learned values such as discipline, love, kindness, and service. Her Gurus often reminded the children, **"Character is the greatest wealth in life."**

The girl sincerely tried to practice these values in her daily life. At home, in her community, and in school, she was known for her good manners, respectful behaviour, and willingness to help others.

Yet, deep inside, she carried a quiet sadness. Her father worked abroad, and though they spoke through video calls, she missed him deeply.

One Saturday, the SSSSB lesson was **"God Is Our Divine Father."** The Guru explained that God lives in our hearts, guides us toward goodness, protects us, and fills our lives with love. He encouraged the children to practice light meditation daily and experience the Divine Light within.

These words touched the girl deeply.

That evening, she began to meditate. At first, her mind wandered, but she continued patiently every day. Slowly, her loneliness in her heart faded. Although she still missed her father, she no longer felt alone. She began experiencing inner peace and the comforting presence of divine love.

She also noticed positive changes in herself. She comforted sad classmates, offered help whenever needed, and warmly welcomed a new student who felt nervous and alone.

One day, she softly prayed, **"Swami, today I understood that You are always with me. You guide every action of mine. Indeed you work through me with love and kindness. When I practice Light Meditation, chant Your name and pray, You fill my heart with peace and joy. Thank you Swami!"**

From that day on, she felt that God was always with her, guiding and loving her as a Divine Father. Through meditation, prayer, and kindness, her connection with God grew stronger each day.

As her faith deepened, her character shone brighter. Her peaceful heart became a source of light and inspiration for others. She realized that although her father was far away, she was never truly alone, for the Divine Father was always with her, protecting, guiding, and loving her.

Question: Do you regularly meditate regularly? How do you feel before and after meditation?

Heart-work: Practice meditating everyday. Share your experience how your inner voice guides you when needed.