



Two close friends were walking home after their weekly SSSSB class. That day's lesson was about **patience**, and it inspired a thoughtful conversation.

Friend 1 said, "I sincerely try to practice the values we learn in the SSSSB class; However, I often lose patience. Whenever I feel short of time, my mind becomes restless. That is why I usually finish my work well before the deadline. During examinations too, I prepare everything the night before. If I leave anything until the morning, I become anxious and cannot do my best."

Friend 2 nodded. "The same happens to me. Whenever I rush, I make unnecessary mistakes. I have realized that without patience, I create problems for myself."

They remembered Bhagwan Shri Sanjay Sai Baba's simple guidance: **Calm the mind through Light Meditation, do every task with full attention, and lovingly surrender the results to Swamy.**

From that day onward, they practiced these principles sincerely - they remembered swami's name every time, they read spiritual literatures, engaged in selfless service activities whenever possible.

Gradually, they noticed a beautiful change. Their minds became calmer, their work became more careful, and they no longer felt controlled by anxiety.

One day Friend 1 said, "Earlier, I hurried through examinations because I feared making mistakes. Now I first pray, stay calm, and answer each question patiently. I do my best and leave the rest to Swamy. My examination results have improved, and I have become more patient with my family and friends."

Friend 2 smiled. "I have discovered that patience is not just waiting—it is trusting. It means trusting God's timing, doing our duty sincerely, and accepting every result with gratitude. That has brought real peace into my life."

Years later, both friends completed their studies and attended job interviews. Many applicants had excellent qualifications, but these two stood out. They listened carefully, answered thoughtfully, remained calm under pressure, and demonstrated patience, discipline, humility, and emotional balance.

After the interviews, one interviewer remarked: "Knowledge and skills can be learned, but patience and good character make a person truly trustworthy."

They were selected. As they thanked Swamy for His guidance, they realized that patience had shaped not only their success but also their character.

Question and Heart-Work: Can you share an experience when you lost your patience and later regretted it? What would you do differently now using Baba's teachings?