



Shila was a 13-year-old girl who lived in a village with her loving grandparents, while her parents worked far away in a town. Her grandparents cared for her dearly and provided everything she needed for school—books, notebooks, pens, a school bag, and more.

Yet Shila did not understand the struggles her parents and grandparents faced to support her studies. She often demanded unnecessary things—whatever new items she saw with her friends, she wanted them too.

At school, Shila had a close friend named Roma, whose nature was quite the opposite. Roma was kind, caring, and content. One day, Roma visited Shila's home. Impressed by her good manners, Shila's grandmother asked how she had become so loving and respectful.

Roma smiled and said, "I attend the Shri Sanjay Sai Soul Blossom (SSSSB) class regularly. My gurus teach us values like honesty, hard work, and respect for elders. I simply tried to practice them every day.

Do you know what my gurus say, Grandma? God gives everyone what we truly need. So, we must be happy and satisfied with whatever we have. The rest depends on our karma—we must always do good deeds."

Shila, listening quietly, began to reflect: "My parents are away, working hard to earn for our family. God has blessed me with grandparents who love me and fulfill my needs—books, clothes, and care. I should be grateful."

Curious, Shila asked Roma, "What is this SSSSB class? Where is it? Can I also join?"

Her grandmother's heart filled with joy at Shila's interest. She realized this was the beginning of Shila's journey toward gratitude and good values.

Today, Shila and her grandparents are here with us, seeking your advice on how Shila can understand the right values and develop a better attitude.

### Question and Heat-Work-

As a SSSSB member, what would you tell about SSSSB classes to Shila and her grandparents - from your own experieces - so that she feels inspired and eager to join?