



In the SSSSB class, three students were talking about the many activities they had to do every day — homework, helping at home, seva, and more, they were wondering which they should do first.

Guru Aama listened carefully and said: All our tasks can be placed into three sacred files:

1. **The Past File** — unfinished tasks from yesterday or earlier.
2. **The Present File** — today's new tasks that can be completed today.
3. **The Wise File** — preparing ahead for tomorrow's tasks before they arrive."

Student 1 said: "I try to finish everything in the Present File immediately, so nothing slips into the Past File tomorrow."

Student 2 said: "I also finish today's tasks, but I also clear some of the Past File, so my backlog becomes lighter."

Student 3 reflected: "I want to balance all three. I will finish today's tasks, reduce the backlog from the Past File, and also prepare wisely for the future by working ahead. In this way, my mind stays peaceful, my duties stay light, and I am ready for tomorrow."

Guru Aama smiled: "This is the way of discipline and wisdom. If you only live in the present, the past will weigh you down. If you only chase the past, the present will slip away. And if you ignore the future, it will arrive unprepared. True balance is to honor all three — past, present, and wise."

Handling tasks is like handling life itself:

- **Backlog works (Past File):** Clear them step by step, so they don't become heavy burdens.
- **Present works (Present File):** Do them with focus and joy, so today is complete.
- **Coming works (Wise File):** Prepare ahead, so tomorrow greets you with peace.

When we balance these three, our life becomes harmonious, our mind becomes calm, and our spirit grows strong.

Question: How will you handle the three files -Past, Present and Wise?

Heart-Work: Practice handling the three files wisely. How do you feel, share your experience.