



In a quiet village lived two brothers guided lovingly by their grandparents, who were spiritual and kind. They did not just spoke the values – they lived them. They meditated daily, spoke respectfully, and always sought opportunities to serve others.

The boys absorbed these lessons deeply. On their way to school one morning, the two brothers noticed a sick person struggling to walk. *“Oh no! Let’s help him quickly!”* one exclaimed. Without hesitation, they carried him gently to the nearby hospital.

As they walked back, the younger brother said softly: *“Brother, we missed our classes today, but it’s alright. Because of our small help, he is safe now. This is what Grandma taught us – to live by values and serve whenever we can.”*

The elder brother smiled *“Yes, true education is not only in books, but in practicing kindness and compassion. Today, we lived her teaching.”*

The person they helped turned out to be the principal of another school. After recovering, he visited the school and said with gratitude: *“Respected teachers, your students saved my life. Their compassion reflects the noble values they have been taught. I wish to bring the same practice of values into my own school.”*

The teachers listened with admiration, realizing that values are not just lessons to be spoken—they must be lived.

Soon, the principal invited the brothers to speak at his school. Standing before the students, they said: *“Elders have many years of experience. We must listen to them carefully because they always teach us good things. Our grandmother taught us that values are not only words—they are a way of life.”*

Their words touched many hearts. The students at that school too were inspired to live by values.

The wisdom of grandparents and parents is a true treasure. When children listen to and practice these age-old teachings, they become living examples of goodness, uplifting families and inspiring the entire communities towards spiritual growth.

Question: Do you also practice the values taught by elders?

Heart-Work: Practice the values you have learned from elders and share your experiences.