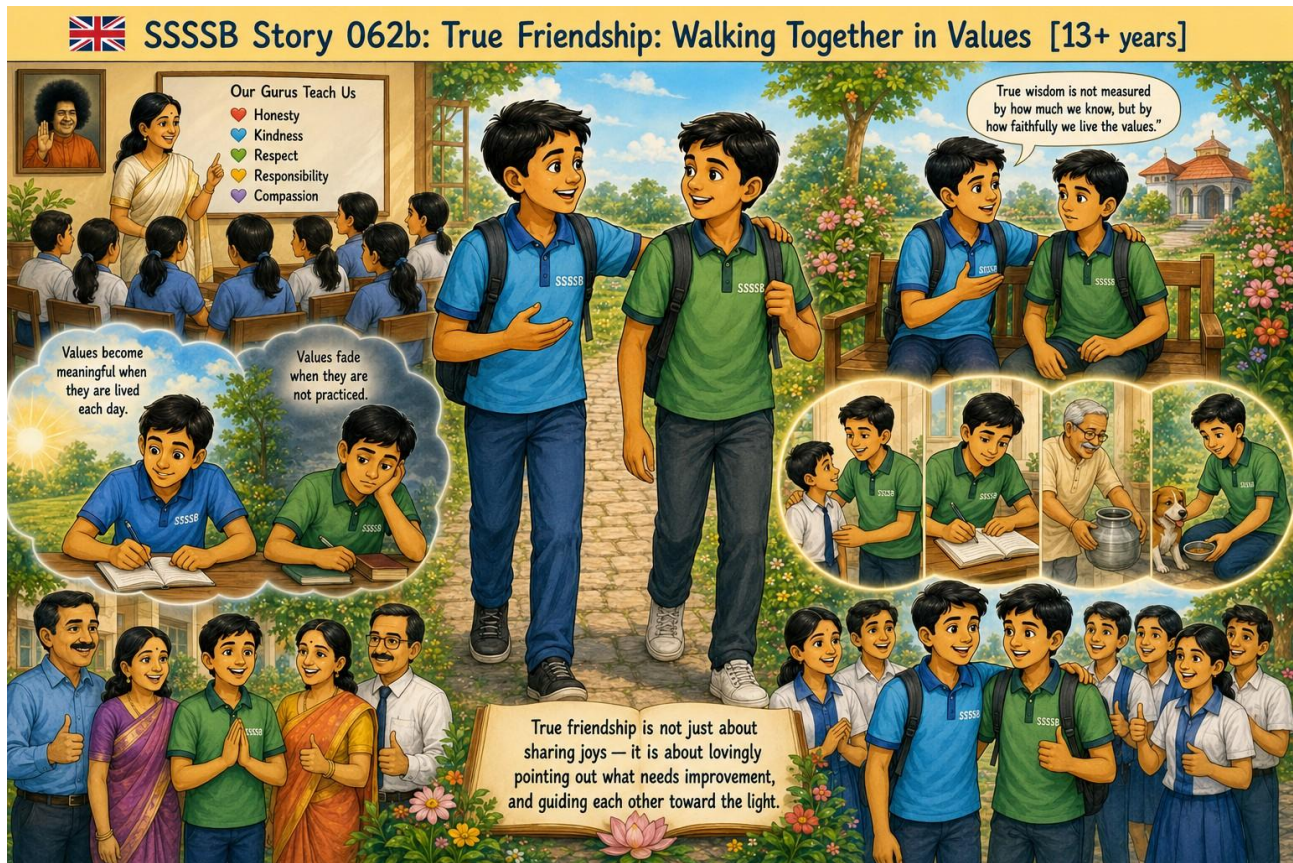




Once upon a time, there were two students who faithfully attended their SSSSB classes each week where they learned about practicing values - honesty, kindness, respect, responsibility, and compassion.

Student 1 listened deeply and believed that values only become meaningful when they are lived each day. He always tried to be kind in his words, truthful in his actions, respectful in his relationships, and helpful in his duties.

Student 2 also admired the lessons and understood their importance, yet he rarely practiced them. Slowly, the values he had learned began to fade.

One day after class, Student 1 spoke with gently: *"Friend, we have received so many treasures of wisdom from our beloved Gurus in the SSSSB classes. Yet I notice you are not planting them in your life."*

Our Gurus always reminded: *"True wisdom is not measured by how much we know, but by how faithfully we live the values. When we neglect to practice them, we may unknowingly slip into habits that dim the light of our character."*

These words touched Student 2 like sunlight breaking through clouds. He paused, reflected, and replied with sincerity: *"Thank you, my friend. You are right. I do not want to only speak of good values—I want to live them, in every opportunity."*

From that day onward, Student 2 began to transform. He grew more honest, respectful, helpful, and compassionate. His character blossomed like a flower in full bloom; and parents and teachers felt proud, classmates were inspired.

Thus, the two students continued their journey together living the values and encouraging others not only to gain knowledge but to cultivate character. They discovered that true friendship is not just about sharing joys—it is about lovingly pointing out what needs improvement, guiding each other toward the light.

Question: Which good values are you already practicing in your daily life? Which values do you still need to practice more often?

Heart-Work: Try to live the values you have learned. After some time, write down your experience—how practicing these values has changed your thoughts and actions.