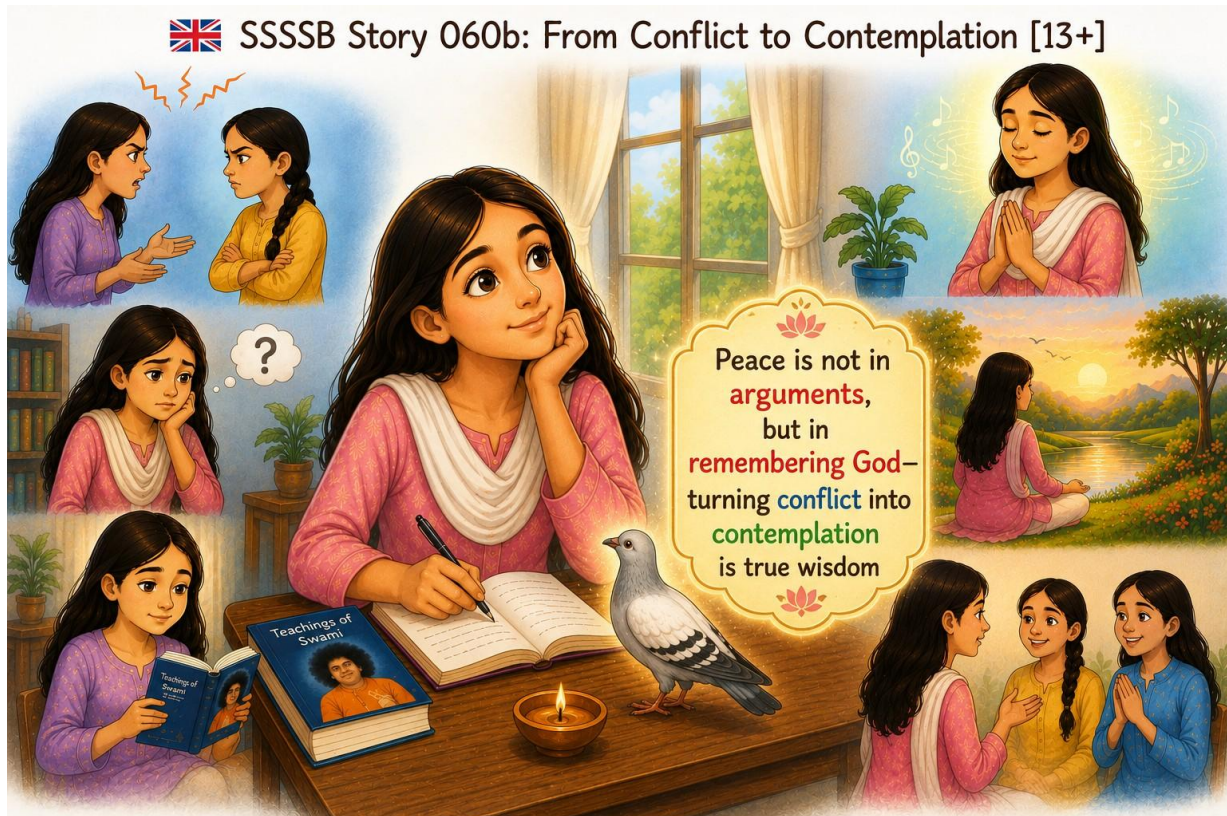




There was a gentle girl devoted to Lord Sanjay Sai. Her life reflected kindness, humility, and good character. She sincerely absorbed the teachings of the SSSSB classes and tried to live by them in her daily life.

She never liked arguments and always tried to avoid conflicts. Yet, sometimes, she found herself in such situations that left her restless and sad.

Being a quiet and introverted by nature, she did not easily share her feelings with others. Instead of reacting immediately or trying to prove that she was right, she would turn inward and ask herself: *“What lesson is hidden here? How can peace be restored?”*

Gradually, she discovered something beautiful: true peace was not found in winning an argument or proving oneself right. It comes from turning towards God and surrendering the situation to Him.

Her quiet reflection became contemplation, and her contemplation became prayer.

Whenever her heart felt disturbed, she read spiritual books, reflected on Swami’s words, chanted His name, meditated, and prayed. Slowly, her sadness dissolved into serenity.

One day, a classmate asked, *“Don’t you feel upset when someone misunderstood or hurt you?”* She replied softly, *“Yes, but I have learned that peace is not in winning arguments—it is found in remembering God. That remembrance heals me.”*

Another friend said, *“I admire how you remain calm and never raise your voice.”* The girl replied humbly: *“When I feel disturbed, I turn to Swami’s words, chant His name, and meditate. As I do this, I feel my heart drawing closer to swami. It is not my strength—it is His grace.”*

Her simplicity touched hearts of those around her.

Her teachers often remarked, *“She teaches us without preaching. Her silence itself is a lesson —she shows us how conflicts can be transformed into contemplation.”*

The girl simply continued trying to live what she had learned—to replace reaction with reflection, arguments with understanding, sadness with prayer, and restlessness with remembrance of God.

Her quiet journey became an inspiration—revealing that even in moments of sadness, one can find joy in God’s remembrance, and that true strength lies not in winning conflicts, but in surrendering to God.

Question: what do you do when you feel sad?

Heart-Work: practice this value. After some time, share your experience.