



There were two students from grade 7.

Student A said: *"I feel like I'm not making progress in my life; it's as if I'm not doing something right."*

Student B said: *"What a coincidence, I feel the same. I'm also trying to find a way to live an exemplary lifestyle."*

They had heard about the SSSSB classes. In these classes, the SSSSB gurus worked together with the students to find solutions for living the most exemplary life possible.

The students wanted to attend the SSSSB class for the first time. They hoped they would be allowed to join because they hadn't registered in advance and had not taken any entrance test.

The SSSSB guru and all the students present saw the two new students and welcomed them with great love and warmth. The two girls immediately felt at home. They were warmly invited to join in, and there was no entrance test for the SSSSB class.

The topic of the lesson that day was: *"Two things we humans often do the other way around, which cause us to grow less well in all areas."*

These two things are:

"1] Instead of only looking at the good in ourselves, we must focus mainly on what still needs improvement and work on that."

"2] Instead of seeing the less good in others and pointing it out, we should look for the good in them and give them a compliment."

The two new students were surprised. They looked at each other and thought: *"How is this possible? Without us even asking, today's topic gives the answer to our questions!"*

They were very excited to put the two lessons into practice right away.

The students were amazed at the results:

By consistently practicing Lesson 1, they improved their own character every day.

And by practicing Lesson 2, others began to change and improve their character as well.

The two girls became examples and inspired their entire school, their families, and others.

Questions and heart-work : Shall we all try to practice this as well as possible starting now?