



Saisa was a bright 14 year old girl, but her mother worried about her self centered nature, lack of respect, and constant demands. Each day, during light meditation, she prayed: “Hey Hridaya Nivasi — the God who resides in my heart as a divine flame, please bless my child and transform her into a good girl.”

Gradually, she noticed a change. Saisa became calmer, respectful, polite, and even helped at home, serving her grandmother with care. Curious, her mother asked, “My dear, what has brought this change in you?”

Saisa replied: “Mummy, a new friend joined our school. She is kind, caring, and helpful. Everyone admires her. She told us she attends the Shri Sanjay Sai Soul Blossom (SSSSB) class, where Baba’s teachings inspire her. Baba teaches us to be calm, kind, helpful, and content. Because of her, our classmates are united — we don’t fight anymore.”

She added sincerely: “Baba says happiness and suffering come from karma. With Swami’s grace, suffering is reduced, and God gives us strength to bear it. Even pain is God’s protection, though we may not understand it. That is why we must have firm faith in God, who always protects us.”

Saisa concluded softly: “I realized I don’t need to demand unnecessary things. I should be grateful, respectful, and kind. Mummy, I want to follow these teachings — and share them with you too.”

Her mother embraced her with tears of joy: “This is the blessing I prayed for. Your new friend is truly an angel who helped you understand this knowledge. Thank you God.”

Question and heartwork: As a SSSSB member, how would you inspire your friends to practice kindness, respect, contentment in daily life?