



A 15-year-old girl was deeply attached to her wise grandmother, who had lovingly taught her many values. When she had to move abroad with her parents for higher studies, her heart resisted—she did not want to leave her grandmother behind, but there was no choice.

In the new country, her sadness grew heavier. She missed her grandmother deeply and could not find peace, with no way to stay in touch.

Seeing her grief, a cousin—member of the **SSSSB class**—gently encouraged her: “Come to the class. You will feel lighter, and your heart will heal.”

She agreed, and soon found herself among gurus and fellow students. The guru explained: “Life is a journey. Some moments bring joy, others sadness. Accept whatever comes and focus on good karma. Joy and sorrow are like passing clouds—they come and go. What remains is the goodness we practice.”

The girl asked: “Why do we feel so sad when we separate from loved ones?”

The guru replied: “Because we forget this truth. Real wisdom is to rise above both sorrow and happiness, knowing they are temporary, and to trust that God alone knows what is best.”

Another student added: “That is why we attend SSSSB classes—to learn values and practice them daily: kindness, helping, meditating, praying. We give our best and leave the rest to Bhagwan.”

The girl realized: “Yes, I can pray for my grandmother’s happiness wherever she is. My duty is to do good karma—the rest, God will take care.”

She remembered her grandmother’s words: “Wherever we are, we can always pray to God for our loved ones. God always listens.”

Her heart relaxed. She closed her eyes, joined her hands, and prayed: “God, please protect my grandmother and bless her. Help me grow with values, serve with love, and live with faith.”

Question: How do you find this story?

Heart-Work: Practice praying for others every day. After some time, share your experience.