



In a beautiful forest lived a young elephant, **Eli** and a playful monkey, **Momo**. Eli was kind, calm, and always true to himself. He spoke gently and helped anyone in need.

Momo, however, loved attention. He wanted everyone to like him. To make his friends laugh, he often gossiped, played tricks, and sometimes made fun of others. Although his friends laughed, Momo noticed that some animals looked hurt by his jokes.

One evening, Momo sat alone on a tree branch. *"Everyone seems to like me,"* he thought, *"but, why don't I feel happy inside?"*

The next morning, Momo saw Eli helping a little rabbit gather food. "Eli," asked Momo, "everyone respects you. You never try to impress anyone. What's your secret?"

Eli replied, "I wasn't always like this, Momo. But after joining **SSSSB classes**, I slowly changed."

"What did you learn there?" asked Momo.

"Our Gurus teach us kindness, truthfulness, respect, and love," said Eli. "They remind us that God lives in every heart. One lesson they repeat often is: 'Be yourself. Never do something wrong just to gain praise. Do what is right, and happiness will follow.'"

Momo listened carefully. For the first time, he realized that he had been trying so hard to please others that he had forgotten to listen to his own heart.

From that day on, Momo stopped gossiping and making fun of others. Instead, he spoke kindly, helped his friends, and tried to do the right thing.

Slowly, Momo became happier. His friends trusted him more and loved being with him, not because he was funny, but because he was kind and sincere.

One evening, as the golden sun set behind the trees, Momo smiled and said to Eli,

"Now I understand. True happiness comes when I stop pretending and become the one God wants me to be."

Eli smiled warmly, and together they watched the sunset in peaceful silence.

Question: What can you do today to make someone feel loved, respected, and happy?

Heart-Work: Practice being yourself, speak kindly, help others and do what is right. Next week share your experience - How did you feel when you practiced being yourself?