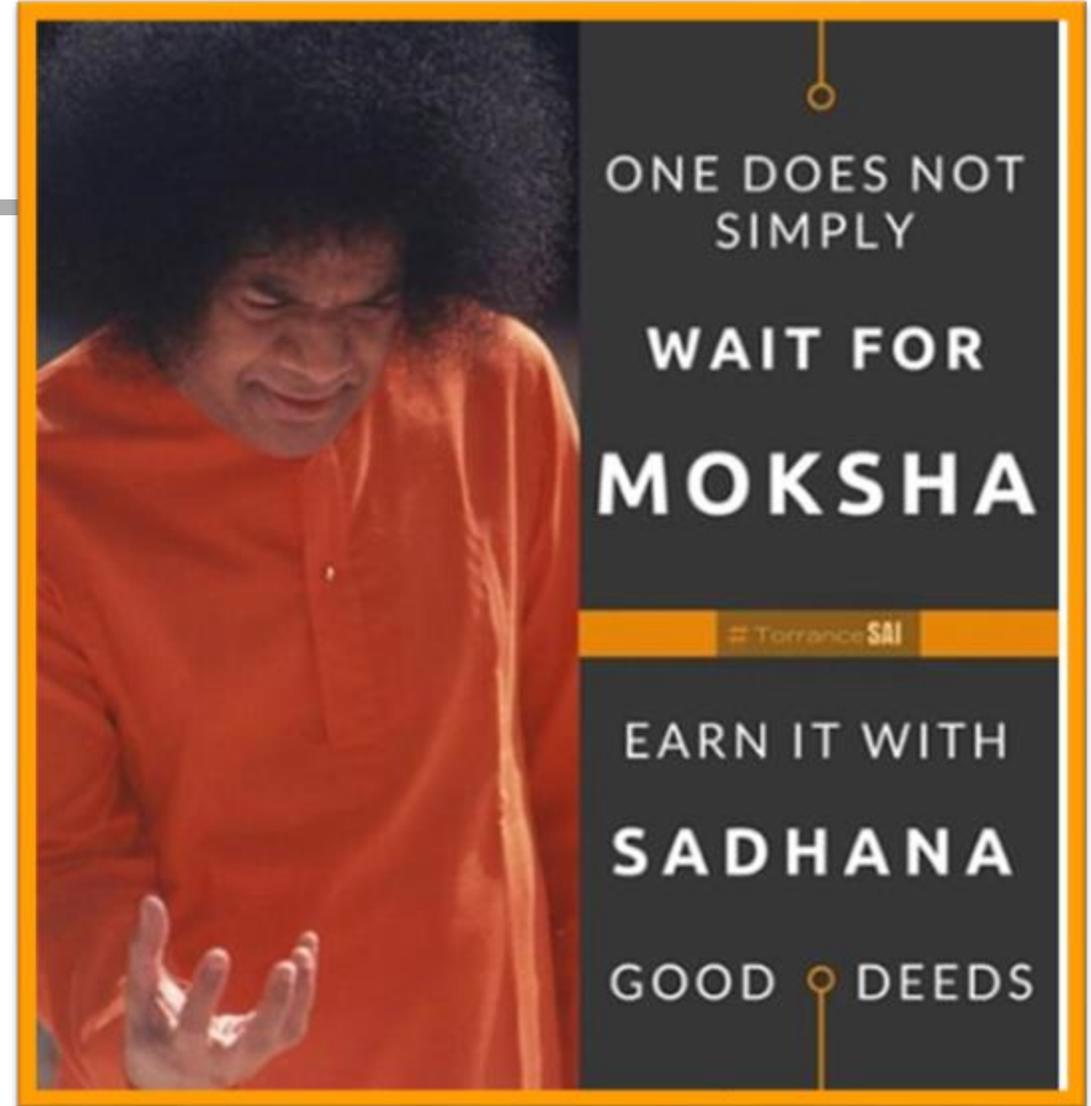
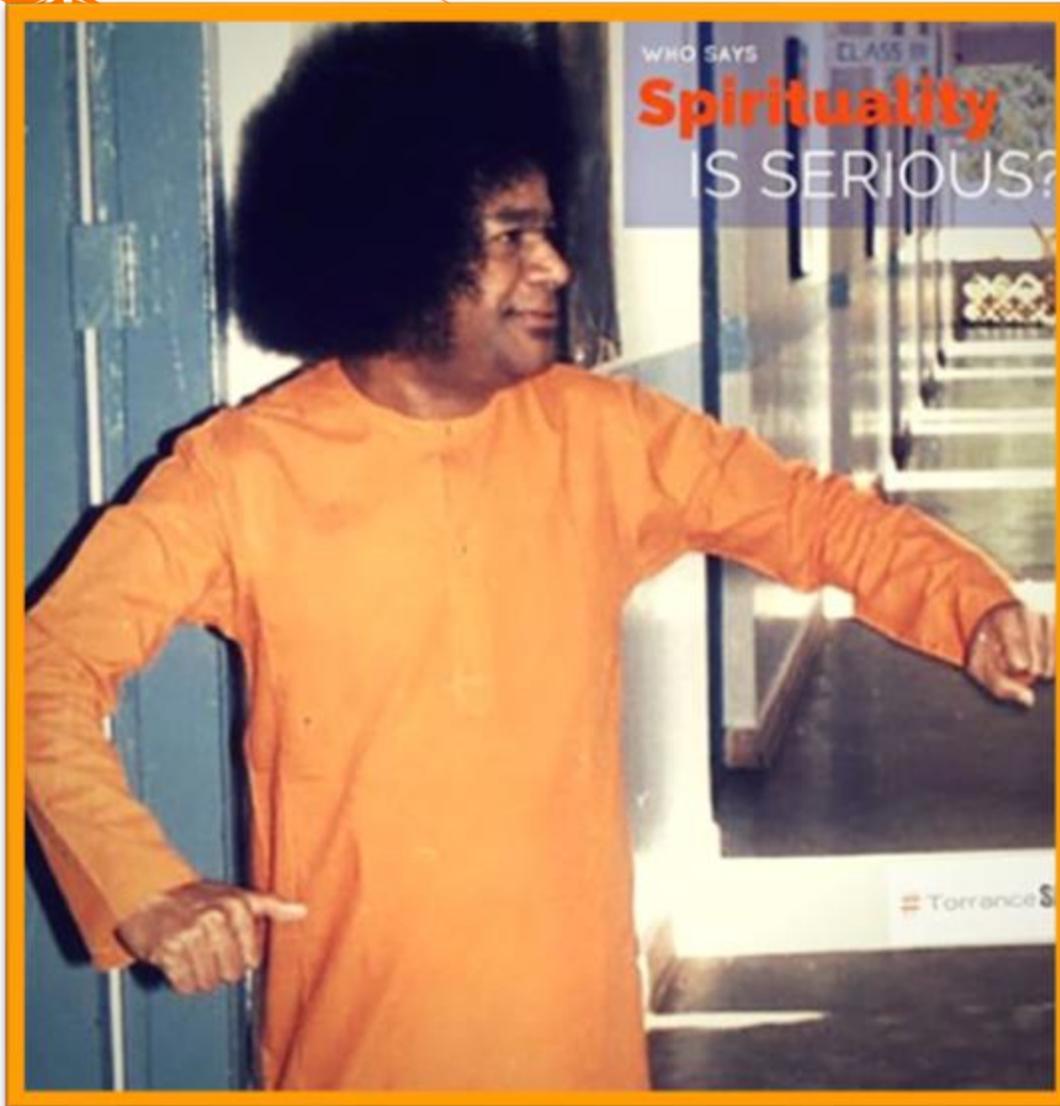




**2020 SSIO-USA National SSE
Refresher and Enrichment
Head, Heart and Hand – Life Application**

July 2020

Head, Heart and Hand – Life Application





Quote

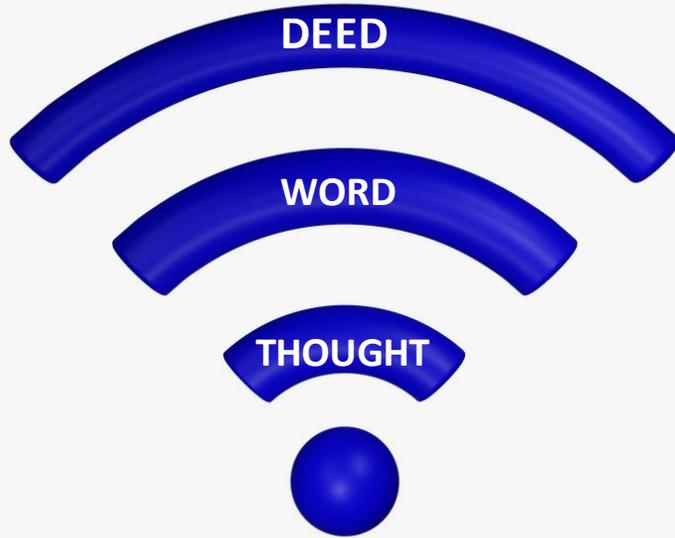
“Ravana knew all dharma, but without putting them into practice what is the use of having known them simply through the texts? All dharma, which is not put into practice, is just as bad as adharma, so also all knowledge which is not put into practice is as bad as ignorance. Today, many young people know what good work is, and they have to make an effort and participate in it. They do not make any effort. The first thing we should do is to put into practice the good things which we believe are good. By simply believing that something is good, by having faith in being good and yet not putting into practice, how can one get any result in that manner.”

- Sathya Sai Baba [May 1977 Summer Course #12]





Objectives



INNER-SELF CONNECTION



- To be able to create simple, specific and concrete life application to practice
- To bring out a new understanding in our lives from Swami's teachings
- To experience the connection with our inner SELF through Unity in Thought, Word and Deed

Outline

Life Application

WHAT?

WHY?

HOW?

WHEN?

WHERE?



SSE Group Room Discussion
by SSE Groups



Reflection and Resolution



What is Life Application?



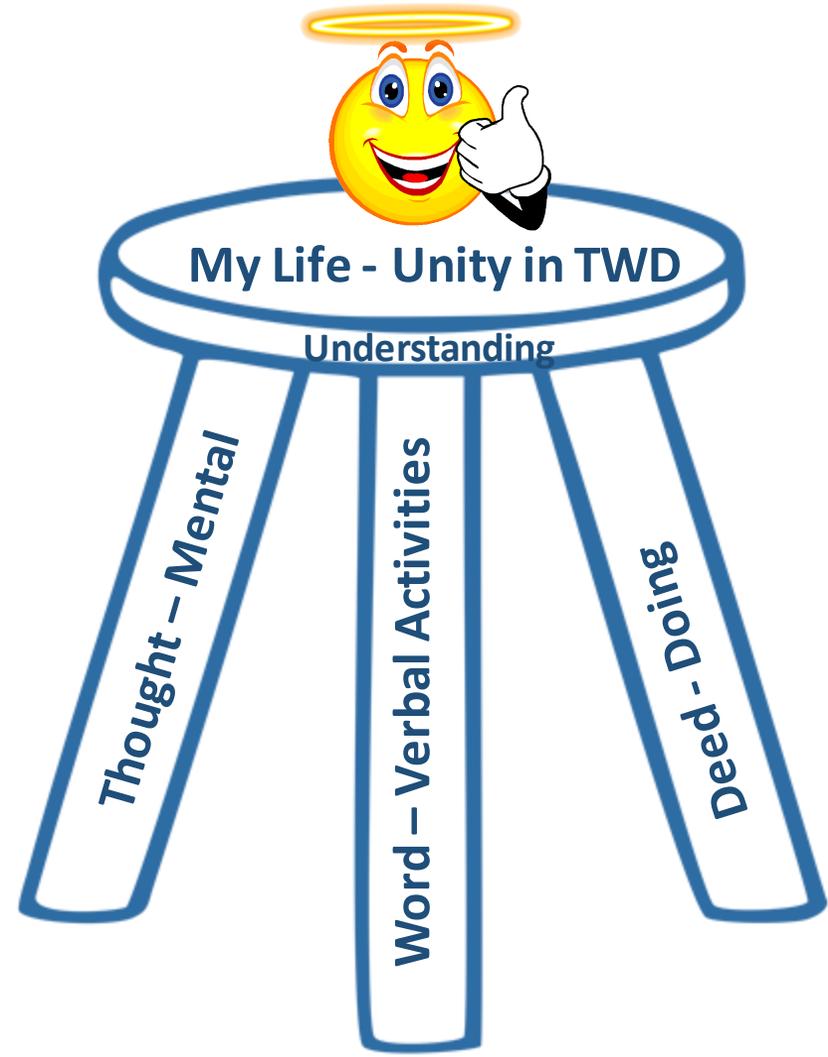
Practice Applying a principle one learns from SSE and putting into practice (like school and homework)

 It is the crux of SSE

 It is integral part of LIFE

 It is not a one-time or one-week practice, it is a lifelong practice

 Unity in Thought, Word and Deed



Why is Life Application Important?

It is essential for LIFE
(sadhana to be on the
right path)

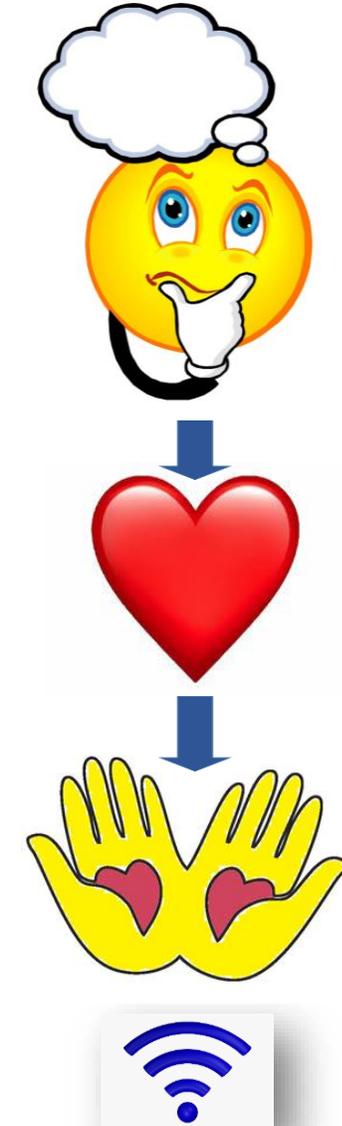
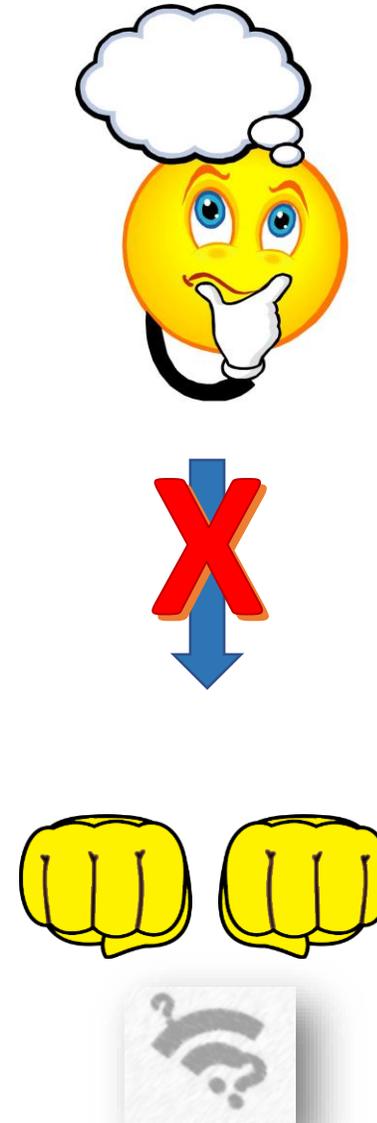
Harmony in the head,
heart and hands

Strive to be walking
examples of Swami -
our lives should be
HIS message

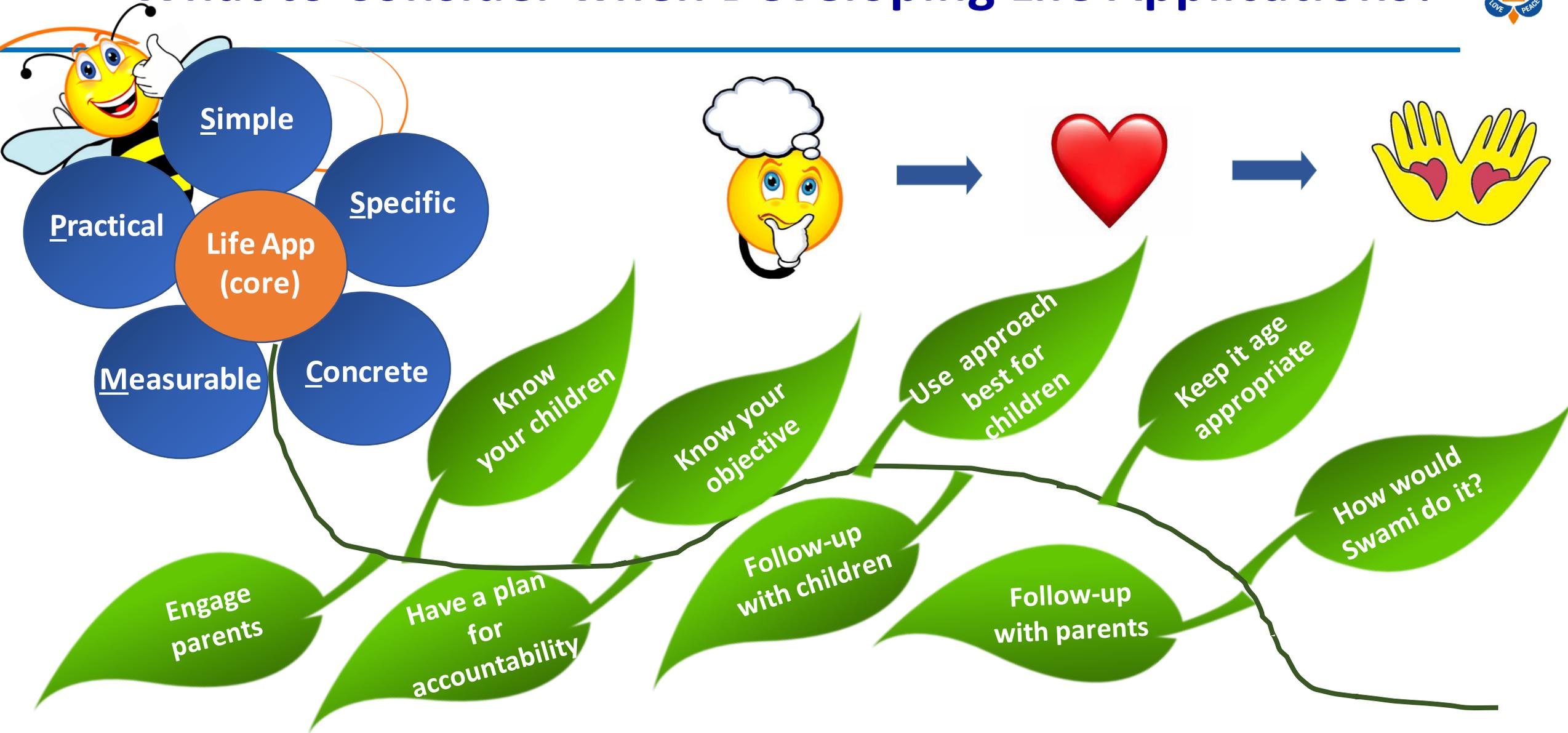
HEAD
Thoughts
Emotions

HEART
Individual
consciousness

HAND
Words
Actions



What to Consider when Developing Life Applications?



How to keep Age in Mind for Life Application?



SSE 1



Doing

SSE 2



+ Thinking

SSE 3



+ Planning

SSE 4



+ Integrating

Example of Life Application for Different Age Groups



Spiritual Principle: Instill the Essence of Helping

Value: LOVE

Sub-value: HELPFULNESS

Example: Putting laundry away

Parent Engagement: Tell parent to not do it for a week

SSE 1

Help fold the clothes



Doing

SSE 2

Sort out the laundry
+ 1



+ Thinking

SSE 3

Do the laundry
+ 1 + 2



+ Planning

SSE 4

Do the laundry and reflect on if they need those many clothes
(Ceiling on Desires)



+ Integrating

How and When to Practice?



Thought



Mental Understanding through quote, song, story and discussion



In Classroom
- Teachers input

Word



Deed

Understanding through Verbal Activities

- Writing affirmations or pledges
- Journal writing
- Repetition of prayers, songs, or affirmations

Understanding through Doing

- Helping parents or siblings
- Make it a game, have fun – as you walk say Sairam or God's name with every step
- Research on a topic or lesson

Outside Classroom
- Parents support



Practice Daily!!

Where to Practice Life Application?



Individually



In the classroom



In the community



Where to Practice?

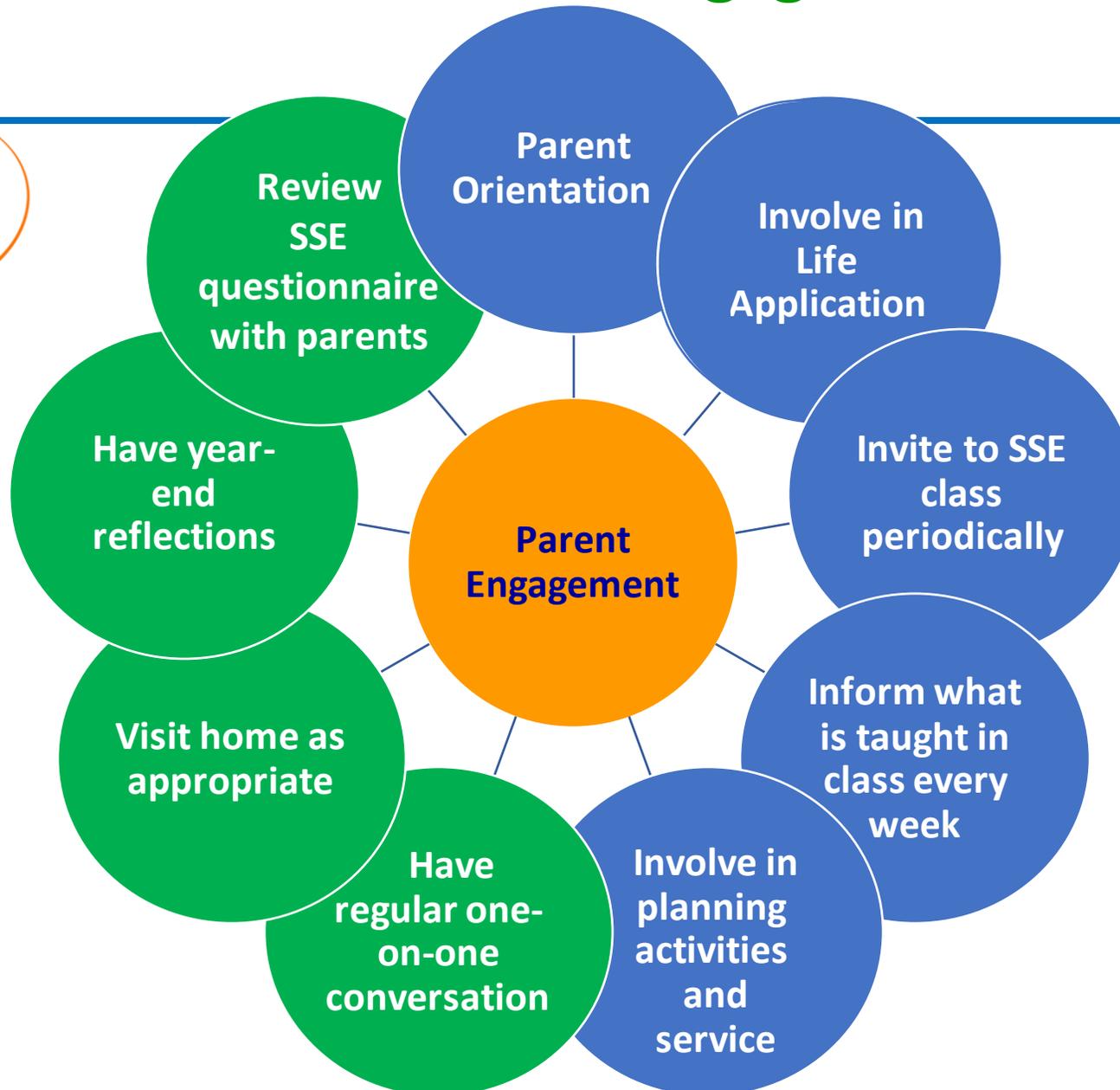
In the Sai Center



In the home



How to Involve and Engage Parents?



Life Application Examples



Be Happy

Draw a happy face on the “I’m happy always” log if you are happy the whole day in all situations. (Do this every evening before going to bed.)

Gratefulness

Remember one special good thing that happened to you during the day and write a sentence about it in the evening before going to bed.



Save the Earth

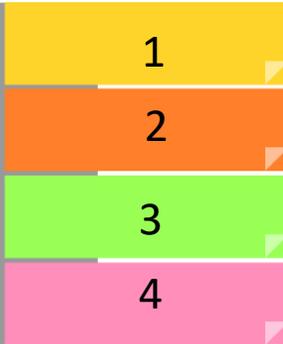
Students write a few sentences and follow through on

- Reduce consumption of paper, food, plastic, water and power etc.
- Reuse things and
- Recycle items



Time Management

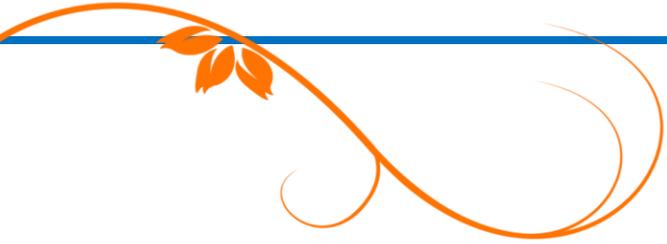
Prioritizing day to day activities: Assign numbers 1 to 4 to activities based on the priority and importance. Use sticky notes for color coding and reminders.



Watch your Thoughts

Every day when a negative thought arises write down Sairam in your journal.





Invited Speaker Ms. Geetha Mohan Ram



SSE Group Room Details

Pre-SSE and Group 1 - Sathya

Group 2 - Dharma

Group 3 - Shanti

Group 4 - Ahimsa

After you are done with SSE Group Room and Breakout Room discussions please go to PREMA!!

Conclusions

Head, Heart and Hand- Life Application



Life application forms the core aspect of your lesson

It is not a one-time or one-week practice, it is a lifelong practice

Know your children and know your objective

Use best approach with children in mind and keep it age appropriate

Keep it Simple, Specific, Concrete, Measurable and Practical

Engage parents in the child's life application

Harmony in Head, Heart and Hands

OUR LIFE SHOULD BE HIS MESSAGE!!

Acknowledgements



Ms. Geetha Mohan Ram

Ms. Aparna Murali

Head, Heart and Hand Workshop Team Members:

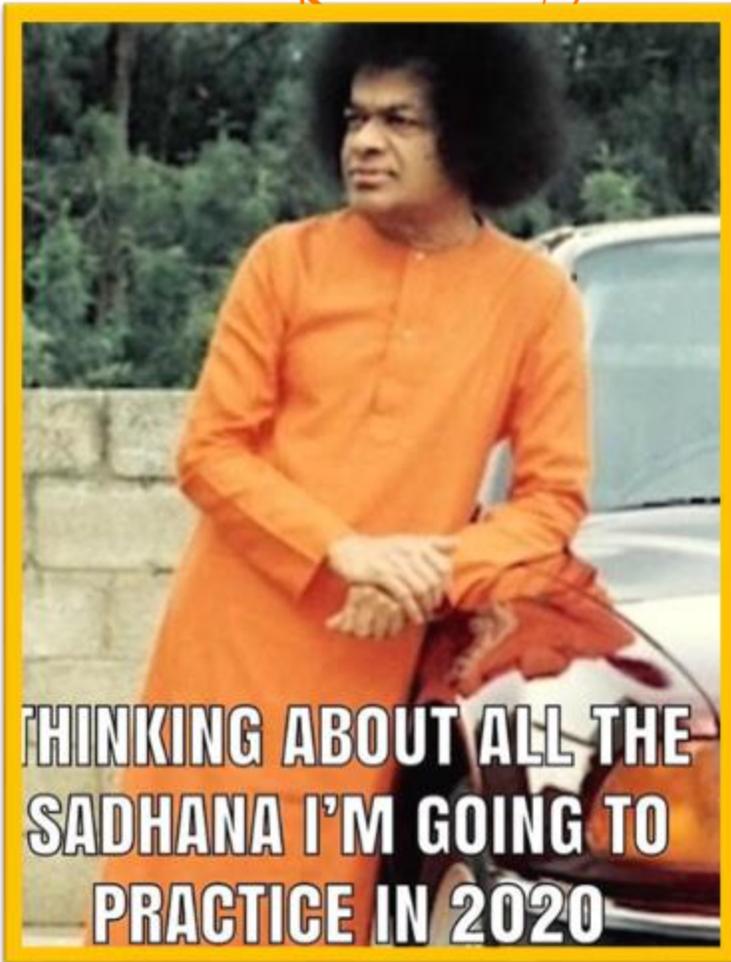
Anand Dwarakanath, Anu Soundar, Deepali Rastogi, Geetha Paladugu,
Harsha Bollineni, Kusuma Attivilli, Laxmi Suryanarayana, Preethi Nair,
Shivarani Kochcherlakota,

Nimmi Vempati, Ramya Reddy

IT Team

National, Regional, Sub-regional SSE Coordinators and Teachers

Reflection and Resolution

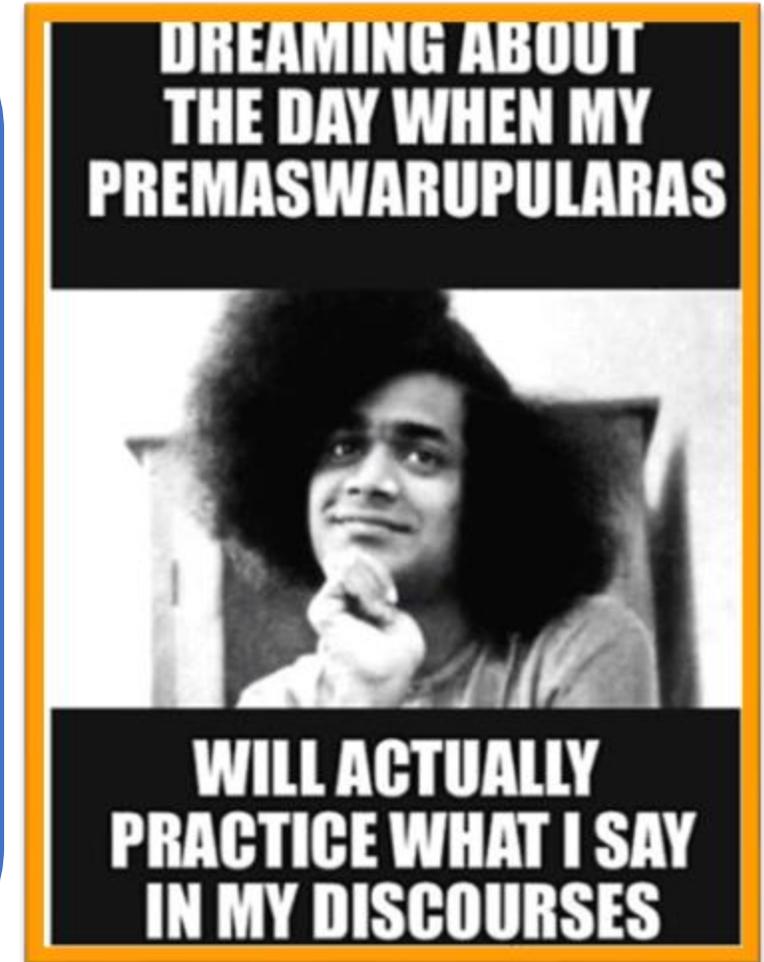


So what is it you resolve to work on?

TAG LINE: _____

Please note down your resolution under "COMMIT TO PRACTICE" section of workbook

*Let's not forget
"My life is His Message"
and that is the ULTIMATE
GOAL*



Our Beloved Swami !



School



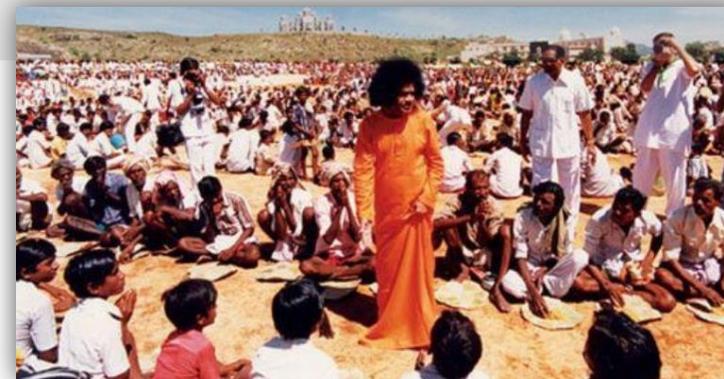
Water



Hospital



Celebrate the Live of Bhagawan Sri Sathya Sai Baba



Narayana Seva

"My life is My Message"