



Sri Sathya Sai Baba Center SSE, East Brunswick, NJ



*Encourage your voice
within to be louder*

Baba





Sri Sathya Sai Baba Center SSE, East Brunswick, NJ



Sairam and Welcome Back Readers!

With Swami's blessings, we, the students and teachers of the East Brunswick SSE Program have collaborated to create our bouquet of flowers to offer at His Lotus Feet - the 6 editions of **Share And Inspire - SAI**. Each flower will be dedicated to a human value and this flower is on Right Conduct.

We have learned that the sub-values of Right Conduct are: Appreciation, Broadmindedness, Charity, Concentration, Conduct/Habits, Confidence, Conscience, Cooperation, Courage, Courtesy, Dedication, Determination, Discipline, Discrimination, Duty, Forbearance, Fortitude, Friendliness, Goodness, Gratitude, Gratitude, Holiness/Satsang, Humility, Morality, Obedience/Regulation, Perseverance, Respect, Responsibility, Reverence, Right Thought, Right Speech, Right Deeds, Self Confidence, Self Control, Self Reliance, Societal Living, Tolerance, Willpower vs. Desire, Work is Worship, Duty is God, Unity Of Thought, Word and Deed, and Virtue/Virtuousness.

Through all our years at SSE, we have observed so many elders who modeled such Right Conduct. We are conscientious of our thoughts, words and deeds at all times, but we do come across several challenges while facing the rest of the world. Here is an attempt to express what we learned, how we used it and some questions that have arisen based on the challenges we encountered.

We hope you enjoy this dedication of Share and Inspire. Happy Reading!

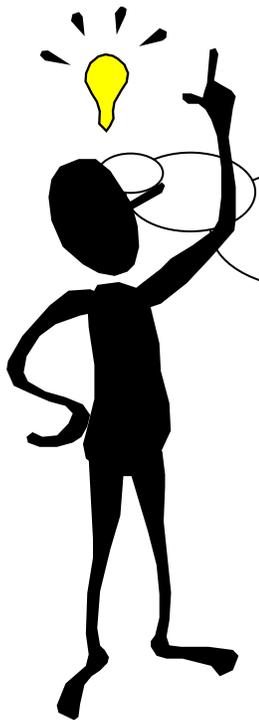
Love and Jai Sairam,
SAI Team



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SAI HUMOR

Knock Knock
Who's there?
Swami
Swami who?
Swami (saw me!) at
Puttaparthi didn't you?
- Sathya R. (Group 1)



**Do you have an idea or an inspiration?
Do you have a song or a suggestion?
Do you have a quote or a question?
Do you have a poem or a proclamation?
Come share it and inspire us at
Share And Inspire
No No...SAI Share and Inspire
Not quite...
saishareandinspire@gmail.com
OR... tinyurl.com/saishareandinspire**



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TENSION...TENSION

The moment you are in tension – You will lose your attention. You are in total confusion. You will feel irritation. You will spoil personal relation. You would not get cooperation. Your BP may give room for caution. You may have to take medication.

Instead understand the situation, try to think about the solution, many problems will be solved by discussion, it will work out better relations in your profession. If you understand my intention, you will never come to tension!!

- Sharavan D. (Group 2)



Beauty Tips

1. For pretty lips, speak words of kindness.
2. For lovely eyes, seek out good in everybody.
3. For a healthy weight, share your food with the needy.
4. For a beautiful hair, always think positive.

- Sharavan D. (Group 2)



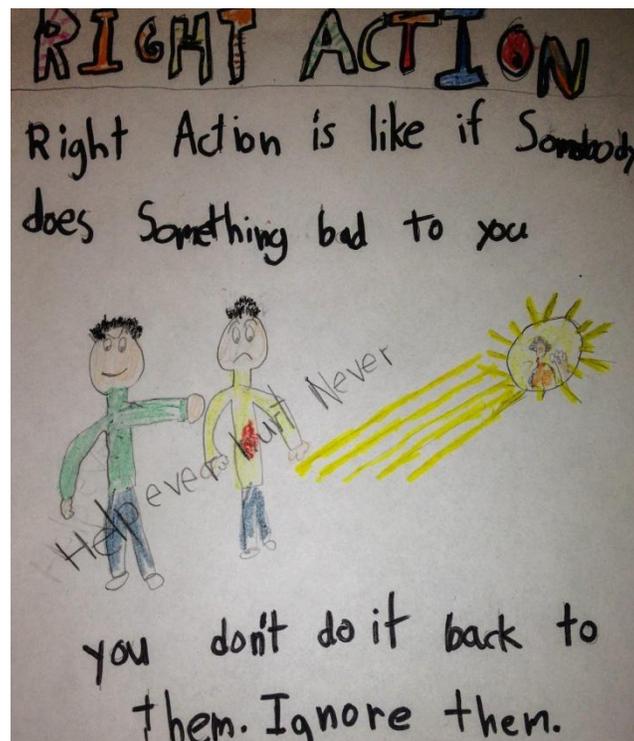


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Art From The Heart



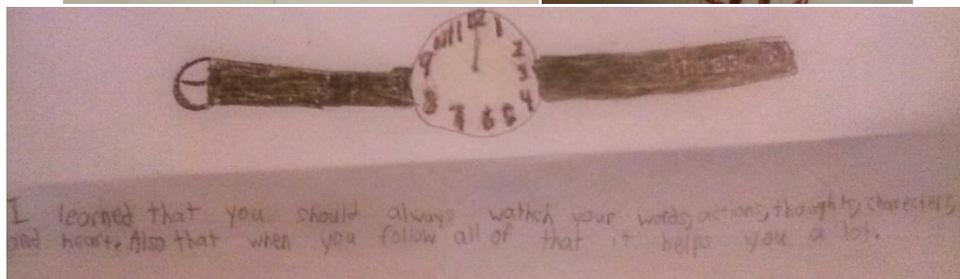
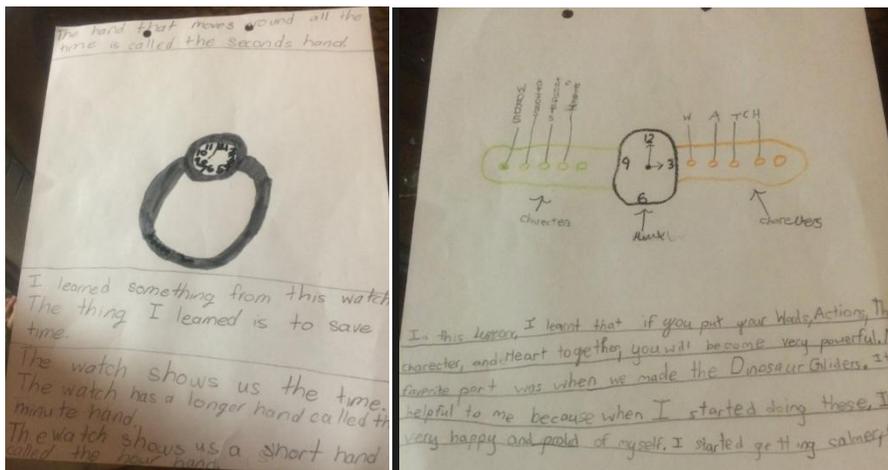
-Smriti B. (Group 1)



- Sathvik R. (Sai Nursery)



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- Group 1 Team's WATCH Pictures



THE DIFFERENT WAYS TO SHOW



Right Conduct

- Keerthana K. (Group 2)

9 Point Code of Conduct

1. Daily meditation and prayer.
2. Devotional singing/prayer with family members once per week.
3. Participation in Sai Spiritual Education by children of the family.
4. Participation in community service and other programs of the Organization.
5. Regular attendance at devotional meetings conducted by the Organization.
 6. Regular study of Sathya Sai Baba literature.
 7. Use of soft, loving speech with everyone.
8. Avoidance of talking ill of others, especially in their absence.
9. Practice of the principles of "ceiling on desires".



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Songs From Our Soul

Two Little Eyes to Look at God
Two Little Ears to Hear His words
Two Little Feet to Walk His ways
Two Little Lips to Say His praise
Two Little Hands to Do His will
One Little Heart to Love Him still
- Sung by Group 1 Students (WATCH presentation)

(Tune of Sathyam Jnanam Anantham Brahma)
Dharma is Doing the Right Thing (x3)
Dharma is Sai
Righteousness is Sai
Service is Sai
-Siddharth S. (Group 2)



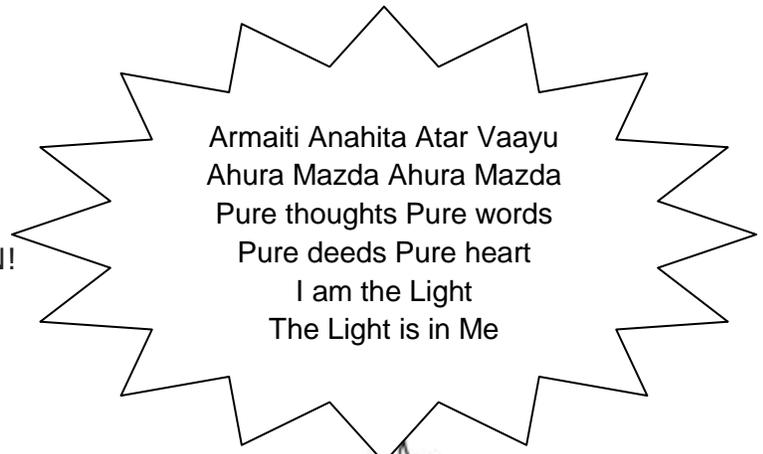
The ABC'S Of Dharma Rap

Appreciation, **B**roadmindedness, and **C**oncentration
Confidence, **C**onscience, and **C**ooperation

Courtesy, Dedication, and Determination,
Duty, Discipline, and Discrimination,

Satsang, Humility, and Regulation,
These are some paths to... RIGHT ACTION!

Dharma is Thought-Word-Deed Unity
Perseverance, Respect, Responsibility
With Friendship, Tolerance and...
Will power learn to live in a society,
Develop Self confidence, Self reliance
Fortitude, Forbearance
Gratitude, Goodness
So you can have the virtue of
Work is Worship and Duty is God
- Shreya R. and Siddharth S. (Group 2)



Armaiti Anahita Atar Vaayu
Ahura Mazda Ahura Mazda
Pure thoughts Pure words
Pure deeds Pure heart
I am the Light
The Light is in Me





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Poems to Ponder

When you are in fancy
Even though in privacy
When your conduct is blotched
Your soul gets scorched.
- Saketh V. (Group 3)



Let there be no hesitation
In choosing the proper faction
Even if it means you're in isolation
Just do the right action!
- Sai Nursery Teacher

Our mind is flooded with questions
Who can answer them all?
There is but only one teacher
Its none but within you
Tries to stop you before doing a bad act
Tries to urges you to do well
But very seldom we hear the person shout
As we are covered with dust illusion,
pride, jealousy and ego
Just shake away this dust
Then you hear the teacher's voice
In your heart the silent preacher
- Vignesh U. (Group 3)



Be truthful, be peaceful and be very kind,
Always have control over your mind
Respect your parents, don't disobey,
Or talk back, ponder before you say
Don't worry too much, don't even stress
Just always do what you think is best. Because.....
God is omnipresent; he resides inside of you,
Guiding your decisions, making you true
- Keerthana K. (Group 2)



I AM AWARE OF THE PAST, THE PRESENT AND THE FUTURE OF EVERYONE OF YOU. - SAI BABA



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Stories of His Glories



Great Work

Doing is very good, but that comes from thinking. Fill the brain, therefore, with high thoughts, highest ideals; place them day and night before you; and out of that will come GREAT WORK.

- Swami Vivekananda

Perseverance

She was the 20th of 22 children. She was born prematurely and her survival was doubtful. When she was 4 years old, she contracted double pneumonia and scarlet fever, which left her with a paralyzed left leg. At age 9, she removed the metal leg brace she had been dependent on and began to walk without it. By 13 she had developed a rhythmic walk, which doctors said was a miracle. That same year she decided to become a runner. She entered a race and came in last. For the next few years every race she entered, she came in last. Everyone told her to quit, but she kept on running. One day she actually won a race. And then another. From then on she won every race she entered. Eventually this little girl, who was told she would never walk again, went on to win three Olympic gold medals!!! She was Wilma Rudolph.

Moral: A winner is, not one who never fails, but one who NEVER QUILTS!

- Group 2 Teacher





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Ant and Dove

Once there lived an ant. It was always careful because his home is next to the river. One day he had come out and the wind was blowing hard and then suddenly it pushed him into the river. Then he called, "Oh! God please save me." There lived a dove on tree and it said, "the wind is blowing hard", then it saw the ant in the river. It thought of how to save the ant. Then the dove threw the leaf in the water and the ant climbed onto it and went to the shore and said "thank you", then they became friends since that time.

One day the dove was flying very fast as an Eagle was chasing him, then he went and hid in the branches of the tree. The Eagle was on a higher branch and was waiting to the dove to come out. At the same time a hunter was trying to kill the dove. The ant said angrily " how dare you try to kill my friend, wait I am coming." Then he bit the hunter's leg and the hunter lost his aim and shot the eagle. He said to himself, " today I lost my yummy meal" and went away. Then the dove said thanks to the ant and they remained as friends forever.

Moral: One kind action deserves another.

- *Story and Illustration by Rajendra S. (Group 1)*





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CONFIDENCE

The scriptures call us “children of immortality.” We are not born just to die. We are born to know how not to be born again. This is the life-saving wisdom that Swami showers on us. Even Swami’s glance is of utmost value, it is “Sudarshana”. Only Swami can grant us that conviction.

One of our students, after having completed his education, was being interviewed in a very prestigious research based company. The Managing Director asked, “You come from the Sathya Sai Institute, don’t you?”

“Yes,” he replied.



“We hear that Sai Baba gives a lot of gifts – ring, chain, watch etc., what has He given you?”

The boy replied quite spontaneously, “Sir, I come from a village. See, a village-boy is sitting at the office of the Managing Director of a prestigious company and talking to him with great confidence. That CONFIDENCE is Swami’s gift to me.”

- submitted by *Sharavan D. (Group 2)*

A Piece of Cake!

Tired and bored of me, my helpless Amma called someone who I like. She may be called aunty by some but mom says she is my Guru. The tired boredom or complaint call was my nonstop watching TV. I marched to class one day and the adorable aunty pulled me back giving a big lecture of how TV spoils mind. She also said my mom will update her through chat. This scared me and my helpless mom got strength and was behind me every day watching. Now...it became a habit for me not to see TV Monday to Thursday and my mom one day said that she is Proud of me! I said a heart to heart thank you to my Group 2 Guru (guess who?)

My fellow friends, good habits is not easy but when practiced every day, and when someone praises you with a heart full of love...It’s just a piece of cake

- *Kumaresh U. (Group 2)*



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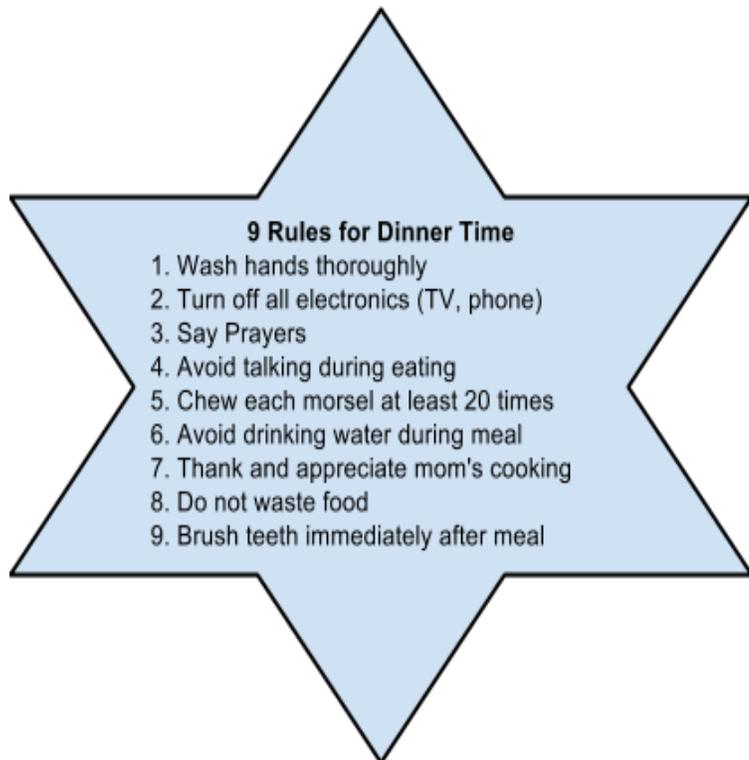
Healthy Habits

Q: We spend most of our time in school and other activities. If we don't drink enough water during that time what will happen? Can you please let us know how important the water in our lives?

A: If you do not drink enough water, your body will start to get dehydrated. As a result you will feel tired, you will not be able to concentrate, you will not feel mentally alert, and you will feel lazy. When you get up in the morning, you must drink water before you go to bathroom. If your weight is 50 pounds, you must drink at least 25 ounce of water throughout the day. It will cleanse your body. Your skin will look fresh and tender. If possible, carry a bottle of filtered water in your backpack and keep it with you in the class room. Every 10-15 minutes, take few sips. You will feel the difference.

Q: In the morning, in hurry most of us don't eat proper breakfast. Also, we have less time to eat good lunch. Is it ok if we eat enough at dinner time?

A: The thumb rule is dinner should be your smallest meal and must be eaten before sunset and at least 2 to 4 hour before going to sleep. But most people in the USA are unable to do so because of their lifestyle. You must eat healthy breakfast (not too much sugar or carb which will make you dull at school) and take some healthy lunch to school. Give yourself some time to eat quietly (no talking). You must eat dinner together with everyone in the family. Follow the 9 healthy rules that we talked about in our group 1 class!

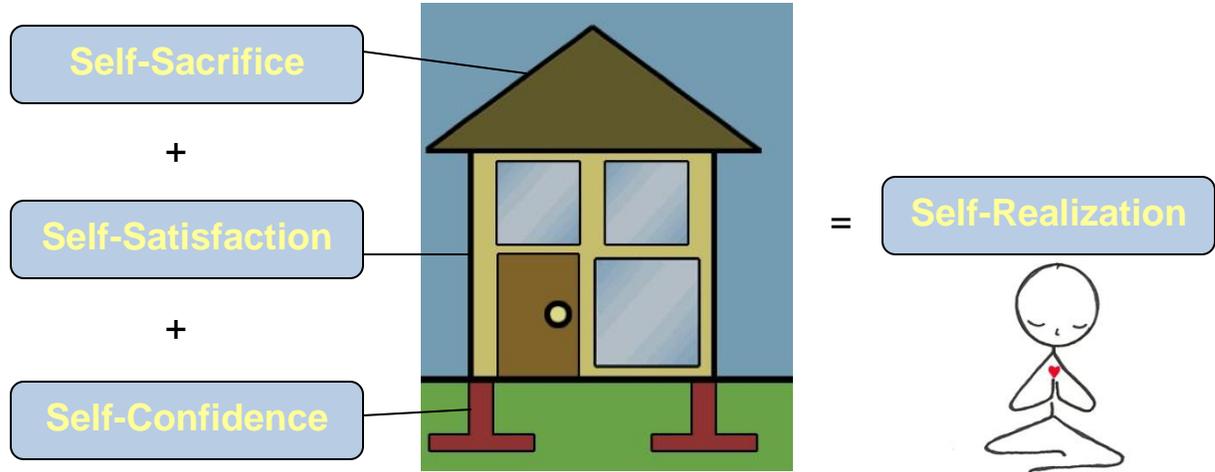


- Questions by Sharavan D.
(Group 2), Answers by Krishna
Verma Uncle



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Teacher's Corner



Look at a beautiful building. How is it strong? It has walls, which gives it support. But how do the walls get the support? There is a foundation beneath it. The walls are able to stand strong because the foundation is solid. What is the use of the walls and foundation without a roof? You can live in a place, only when there is a roof. So too, to lead a happy life and accomplish Self-Realization, you must have Self-confidence as the foundation, Self-satisfaction as the walls and Self-sacrifice as your roof. So first and foremost, develop Self-confidence. Where there is faith, there is love. Where there is love, there is peace. Where there is peace, there is truth. Where there is truth, there is bliss. Where there is bliss, there is God. And where there is God, there is everything. Never forget this principle and develop Self-confidence.

- Sathya Sai Baba. 'My Dear Students', Vol 1, Ch 7, Apr 10, 2000

**"Shh! Be quiet!"
Yelled a mother to her child!
How can this be made right action?**

Here, the word (quiet) doesn't match the action (yelling). When our thoughts, words and actions are united and they are based on unconditional love, everything automatically becomes right! So, instead, with love and respect the mother can whisper or show a silent cue to the child to be quiet!



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Seva Scoop

Mother's Day at Sai Nursery was celebrated by taking care of our Mother Earth! We witnessed the work of mother nature first hand (fruit/vegetable peels turning into compost), felt mother earth's wiggly helpers (earth worms!), weeded and tilled the soil, planted seeds (beetroot, carrot, radish and squash), made a compostable bird feeder and a special mother's day surprise (tomato plants for moms). We tasted some wild greens from the garden and drank some refreshing lemonade! We also ate Watermelons and added the skin to the compost first hand. We are hoping by next month the seeds will grow into some crunchy vegetables that we can taste and share!

- SAI Nursery Team



★ ★ ★ ★ ★
★ GO OUT ★
★ THERE ★
★ AND DO ★
★ AMAZING ★
★ THINGS ★
★ ★ ★ ★ ★



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SAI GARDEN

Our Sai Garden is a community garden located behind the municipal building in East Brunswick. East Brunswick provides plots of land for rental during the summer. When you rent a plot you can grow anything of your choice. Recently, the SSE children and parents had an opportunity to participate in the gardening work. We planned to grow organic vegetables with no pesticides. The vegetables are grown to be shared with the SSE family as well as being used in seva. We get a chance to participate in gardening as well as the food seva. We also learn how to share with other friends and family. In each plot besides vegetables we can also plant flowers and herbs. These flowers could be used for the altar garlands at SSE. When we went a couple of weeks ago as a group, we first tilled the plot. Then we made holes using tools. After that we planted different vegetables like tomatoes, peppers and eggplants, etc. The children then watered the plants. We go there regularly to water and plant new plants. We learned that planting is fun and is something good to do to help us stay healthy!

- Navyug B. and Ankita K. (Group 2)

