

EDUCATION TODAY

Sathya Sai Education in Human Values

NEWSLETTER

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A Train to Success: A Journey of Development Through Human Values

HIGHLIGHTS



**INSPIRING
PROGRAMMES**

**2 MORE
ACCREDITED
SCHOOLS**

**To Teach
not to Punish**

**Be a Friend,
not a Bully!**

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A Train to SUCCESS

"Whoever has enthusiasm, steadfastness, and the determination to reach the goal will certainly succeed. Cultivate the faith in ultimate success; never despair, cavil or doubt. This is my advice to one and all. Success is your birthright and you must get it, sooner rather than later." – Sathya Sai, 1974

Our vision must be meaningful and authentic.

EDITORIAL

A Train to Success: A Journey of Development Through Human Values



This simple yet profound advice of Sathya Sai, *"Start early, drive slowly, and reach safely"* forms the foundation of a meaningful life journey. Much like a train setting out on a long and purposeful voyage, our journey to success begins with intention, clarity, and an inner commitment to move forward.

This travel through life is a continuous journey of inner transformation where motivation, discipline, and enthusiasm serve as the driving engine. The stronger and more consistent this engine, the smoother and faster our progress becomes.

The word enthusiasm comes from the Greek word "entheos", denoting "having God within", and it means "divine inspiration". When we tap into that inner inspiration, we align our actions with purpose and clarity. It fuels our ability to overcome obsta-

cles and helps keep our "train" on the right track. Our vision then is the value we deliver to the world—it must be meaningful and rooted in authenticity. Like a compass, our values give us direction and form the universal thread that connects us across age, culture, and belief. They are the light that guides us, creating harmony between the heart, mind, and action. These values are not only the basis of personal development; they are the foundation of a compassionate society.

At the heart of this journey is the recognition of unity in diversity. By bringing love into our thoughts, words, and actions, we allow universal love to flow through us. This brings about healing, forgiveness, and inner peace.

Sathya Sai reminds us: *"The problems facing the world today can only be removed through the promotion of unity. This unity can only be promoted through love. There is nothing that cannot be achieved through love."*

This path of self-development is a lifelong process of purification—a spiral that brings us back to

ourselves again and again, each time on a finer, deeper level. As we continue this upward journey, we begin to connect with the Goodness within. Transformation is like a spiral: each time we grow, we meet ourselves at a higher level. This requires heart-to-heart education—an awakening of true humanness. It is about nurturing children (and ourselves) to live the five human values, encouraging them to become co-creators of a peaceful and harmonious society.

In an age saturated with outer information, what we need is inner transformation. This begins by reconnecting to our inner wisdom, the "inner teacher" that speaks through silence, reflection, and conscience.

By integrating heart qualities like love, kindness, compassion, gratitude, and courage into our daily lives, we illuminate the path—not just for our-

selves but for others. We become beacons of light in a world that needs it more than ever. Success is not merely the achievement of goals—it is the conscious, heart-centered process of living with integrity, love, and purpose. It is the ability to listen to our inner conscience and follow it. This leads to a higher awareness of the meaning and purpose of life.

Let us board the train to success. Let us build the foundation of our lives with inner strength, guided by the compass of human values. Let us remember that we are here to learn, to love, and to serve. And in doing so, let us co-create a world filled with peace, unity, and joy. Because in the end, the most meaningful journey is the one that brings us back to the truth of who we really are.

Mrs. Marianne Meyer
Co-Chair SSSIO
Education Committee

"The one essential thing is that we strive to have light in ourselves. Our strivings will be recognized by others, and when people have light in themselves, it will shine out of them." – Albert Schweitzer

TWO MORE ACCREDITED SATHYA SAI SCHOOLS

With pleasure the Education Committee announces the accreditation of two more Sathya Sai Schools: in Himachal Pradesh, India, the Sri Sathya Sai Educare Vidya Pratishthan School; and in Indonesia, the Sathya Sai School of Bali comprising kindergarten, elementary, and middle school. Each of these schools has undergone an intense Self Review followed by an Accreditation visit from a member of the Education Committee. A Certificate of Accreditation from the Sri Sathya Sai International Organisation has been awarded to each school. Accreditation should be seen as a step in the process of fostering an ongoing attitude of continuous self-improvement of educare at a school level. Beyond receipt of the Accreditation certificate, the ideal is adoption by the school of an attitude of continuous systemic self-monitoring and program improvement. Systemic inquiry applies to the two aspects of educare, worldly and spiritual. We should be asking a two-part question. Do our programs consistently foster emergence of human values in students? And, do our programs keep pace with research-based pedagogical advances in the education system of our home country?



Sathya Sai Denpasar, Bali

The Sathya Sai School of Denpasar, Bali (kindergarten, elementary, junior high) has a rich school-wide culture that is immersed totally in human values. It is an example of “Strength in Unity”, with teachers, students and parents united in love, service and harmony. The school has had a widespread impact in Indonesia. It inspires five adopted schools across the country. The kindergarten, the original school, has been regarded nationally as a “best example” of values education and has attracted visitors from about 2000 Indonesian schools, some of which have adopted daily Light Meditation and integration of values into their curricula. “Transformation” is a key word used constantly, evidence that the school community goes beyond social skills to deeper inner values. Across the school the culture is very much one of drawing out the values from students through questioning and seeking their opinions, rather than telling them what they should do. There is also a culture of service. For example, two Grade 3 classes have a vegetable garden. They sell the produce to their parents and use the money to hire a part-time music teacher.

Sri Sathya Sai Educare Vidya Pratishthan, Dharamsala, India



Since 2010, when it was started by a dedicated group of Sai Young Adults, the Sri Sathya Sai Educare Vidya Pratishthan has grown from a donated village farmhouse to an impressive collection of buildings, with a general-purpose hall currently being built. With around 200 students and enrolments increasing rapidly, it caters for students from kindergarten to matriculation. It is a very family-oriented school: several teachers and their children live on-site and two of them have toddlers who are not yet ready to start school but are just happily there and cared for by the older students during breaks. The Principal and most of the teachers have been there long-term and are clearly passionate about the SSEHV mission. The dedication to service is one of the School’s greatest strengths. Staff, students, alumni, parents

and community members participate together in these activities. There is a hostel for students from remote areas of Himachal Pradesh, and a dairy and bakery run by alumni and students to help the School to be self-sufficient. Students are active in preparing and serving meals and keeping the School and hostel clean. They also have an ambulance service for people in the surrounding village who need transport to hospital or to take those who have passed away to the crematorium. As well, they conduct a regular weekly service project to cook and serve food to rural people who are supporting family members who are patients in the local hospital. The School is clearly having a widespread impact. It is known and respected all over the region.

BE A FRIEND, NOT A BULLY: A SUCCESSFUL PROGRAMME!

Bullying is a growing issue in many schools around the globe. It manifests in both physical and verbal aggression, and in social isolation. What can we do about this negative behaviour and the dynamics it involves? How can we help students become immune to it, and how can we support them so they may cultivate better peer relations at school? Ms. Esma Gadzo-Bursic, a Croatian teacher of English, and member of the Institute of Sathya Sai Education of South Europe (ISSE SE), found her guidance in Human Values. From November 2023 to June 2024, in response to the Primary School of Pula's own request, she offered over 30 workshops dedicated to Human Values, involving 120 primary school children, from 7 to 12 years of age specifically geared to counteract on the problem of bullying. The workshops followed a simple, yet brilliant thread topic: **the value of Friendship**, meaningful for all children and ideal to introduce other human values. The aim was to raise the students awareness and to help them recognize the treasures hidden in one's very own heart, which is where the true source of inner strength and Self-confidence lie. The workshops built around the topic of friendship dealt with questions such as "what are the characteristics of a good friend?", (stressing that we need to know this and can learn to be one), and "which of these characteristics are the most important?". The "friendship train activity" deepened these questions by helping the students identify the train's "engine", and the values connected to each of its wagons. Friendly, "heart-to-heart communication", came next and was a chance to talk about how an overuse and misuse of smartphones can hinder good friendships. The motto was "I AM SMART BECAUSE I KNOW I HAVE A HEART". The students recognized how kindness,



discernment, courage, caring are their real superpowers. The activity, "The Treasure Hunt in My Heart", brought to light the values of love, joy, understanding, self-discipline, gratitude, selflessness, and respect. Strengthened by this process the students were able to understand what bullying is and grasp its impact and consequences. They discussed the responsibility of onlookers, the importance of reporting similar issues and offering help and compassion to the person who is bullied. Being able to choose whether "To Be Angry or Not", or to build a "Peacemakers Club", or to identify with "Superheroes", as they are the ones who apply human values in their daily life, concluded the programme, which included the use of proverbs on friendship and story-telling, games, songs and silent sitting.

The inspiring book "To Teach not to Punish", by Margaret Taplin and Anita Devi, highlights the importance of identifying the source of misdemeanors to correct the problems at the basis and provide lasting solutions to the same, instead of reacting to them with punishment. It is an approach to discipline which encourages "the pupils to focus on the desired behaviors rather than the problem behaviors" (Alderman – 2001), and calls upon values such as respect, friendliness, right conduct, co-operation, kindness, love, and more, inherent in the heart of all children. A chapter in this book is dedicated to "Bullying" and indicates "Self-esteem", which is related to Love and Peace, as the value to work on. Thus, as a corrective consequence for bullying the authors suggest asking the child to compile a list based on ... "I do not need to bully anyone because I am... (positive qualities)". The teacher is invited to also lovingly remind the children that bullying, or hurting someone, does not reflect the beautiful person they are inside. This attitude fosters their sense of value and self-respect. It is also easier for the children to believe in themselves, when others believe in them.

Front cover: Children of the Primary School of Pula (Croatia), gathered around their friendship trains with human values wagons.



The Sri Sathya Sai International Organization (SSSIO) is a spiritual and humanitarian organization active for over 50 years and in over 110 countries. The SSSIO Education Committee supports and promotes Sathya Sai Education worldwide including 39 Sathya Sai Schools, 28 Institutes of Sathya Sai Education, and programmes of Sathya Sai Education in Human Values (SSEHV) and Sai Spiritual Education (SSE). For more information please contact: ec@sssio.org

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