



**SSIO Serve the Planet 2018**  
**Sai Spiritual Education (SSE) Initiative**  
**Heal the Environment - Love the Planet (H.E.L.P.) 2.0**

**SUGGESTED SSE ACTIVITY GUIDE**

In 2017, children from around the world were invited to take part in the Serve the Planet (STP) H.E.L.P. Initiative to Protect the Planet (PTP) by practising 'Ceiling on Desires', through reducing food wastage, conserving water and reducing plastic waste at home, in school, within Sathya Sai centres and the wider communities. In response, hundreds of beautifully created posters, unique poems, essays, wonderful videos and photographs of service activities were sent in, that demonstrated how ALL the children lovingly and thoughtfully participated in the SSE H.E.L.P. Initiative to protect Mother Earth. We would like to take this opportunity to thank all the children who participated and adults who supported them to Go Green in 2017 and look forward to their continued participation in 2018. The entries sent in will be presented at the **SSIO Go Green Conference Exhibition in Prasanthi Nilayam from 24–26 July 2018**. All are welcome to attend the Conference as a delegate/volunteer and can register online at: <http://www.sathyasai.org/events>

“There are four components in the term "Ceiling on Desires." They are, respectively; **curb on excessive talk, curb on excessive desires and expenditure, control of consumption of food, check on waste of energy**. Man needs some essential commodities for his sustenance and he should not aspire for more. We can learn a lesson in this respect from Nature. Only if air is available in sufficient quantity will it be comfortable and good. If it is excessive and there is a gale you will feel uncomfortable. When you are thirsty; you can consume only a limited quantity of water. You can't consume the entire water of the [River] Ganga! We take only as much as is needed for the sustenance of the body.” – Sathya Sai Baba (SSS 16.3: January 19, 1983)

Building on the momentum of last year's H.E.L.P. Initiative, this year we would like to encourage the children to continue their brilliant efforts to Protect the Planet by practicing 'Ceiling on Desires' and focusing on '**Conservation of Energy**' – individually, as a family, at the centre and in the wider communities – at all levels, i.e., physically, mentally and spiritually.

Sathya Sai Baba lovingly reminds us, “All are the children of Mother Earth and should follow the selfless activity of the earth, which rotates on its own axis and goes round the sun at sixty-six-thousand miles per hour. By this constant motion we get day and night and variations in the seasons without which we cannot

have food crops which sustain humankind. As children of the earth, people should learn the lesson of tyāga (sacrifice) from Mother Earth. Without sacrifice it is difficult to sustain life itself.” – Sathya Sai Baba (SSS 27.10: November 4, 1994)

Therefore, if we can all show our gratitude to Mother Earth by sacrificing our time and energy as a global family, we can hopefully inspire and motivate all ages to get involved in a loving service.

### Suggested list of activities for the SSE H.E.L.P. 2.0 Initiative in relation to ‘Conservation of Energy’

**Note:** This can take shape in many ways based on the ideas and enthusiasm of the children, young adults, teachers, parents and Sathya Sai centre members to understand sources of energy, significance of energy in our daily lives and how to use it responsibly.

| TAKE ACTION                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                         |
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| Activity                                                                                                                           | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Benefits                                                                                                |
| <p><b>Practising ‘Ceiling on Desires’ on energy in an innovative way</b><br/>(Consider making this a daily or weekly activity)</p> | <p>On a weekly or daily basis, spend quality time with your family without any electronic gadgets and enjoy being in nature, taking part in service or chanting/singing with love for mother Earth to H.E.L.P. Think of an innovative way of practising ‘Ceiling on Desires’ that involves all family members and measure the impact it has. For example:</p> <ul style="list-style-type: none"> <li>As a family, agree to stay off your phone for an hour each evening and using the time and energy saved, towards chanting Gayathri mantra for 30 minutes. Share your experiences with each other at the end of the week. (This is ‘Ceiling on Desires’ in relation to <u>spiritual energy</u>)</li> <li>As a family, practice meditation for half an hour on a daily basis and alongside this, keep a diary to monitor the number and intensity of wasteful and negative thoughts each day. At the end of the week, share your experiences with each other. (This is ‘Ceiling on Desires’ in relation to <u>mental energy</u>)</li> <li>As a family, try reducing your intake of desserts or unhealthy snacks each day for a week and monitor your ability to carry on with daily tasks. See if the physical energy available to you is the same, increased or decreased. Share your experiences with other family members. (This is ‘Ceiling on Desires’ in relation to personal physical energy)</li> </ul> <p>“Thus, innumerable superhuman benefits are conferred by God on mankind. Even electricity is an expression of the Divine. From magnetism to electricity, heat and light, all these various forms of</p> | <p>Saving energy helps <u>conserving physical energy</u> sources, both, renewable and non-renewable</p> |

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|                                             | <p>energy are considered as different forms of matter. This is not so. God is the source of all energy. If this is not realised, we will be failing to appreciate the true source of the air we breathe, the light we enjoy and the heat that sustains life.” – Sathya Sai Baba (SSS, 29.15: May 20, 1996)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                               |
| <p><b>Prayer/Global Akhanda Gayatri</b></p> | <p>Join in to purify our hearts and planet by chanting the Gayatri worldwide non-stop. To participate as an individual, family or group, visit this page to register and select your preferred chanting time: <a href="http://gayatri.sathyasai.org/">http://gayatri.sathyasai.org/</a></p> <p>“It is essential to recite the Gayatri Mantra at least three times during morning, noon and evening. This will serve to reduce the effects of the wrong acts one does every day.” – Sathya Sai Baba (SSS 16.6: March 17, 1983)</p>                                                                                                                                                                                                                                                                                                                                                                                          | <p>Prayers help <u>cultivate spiritual energy</u>, which can be channelled towards personal transformation, protection of the environment and the well-being of all</p>                                                                                                                                                       |
| <p><b>Gardening</b></p>                     | <p>Grow your own vegetables, herbs, flowers and fruits using all the necessary factors (sunlight, air, water, soil/land, compost, etc.) that nature provides for plants growth and see the divine energy in play by caring for and appreciating the wonders of creation.</p> <p>Gardening helps preserve and provide natural habitats and food for local and migratory birds, beneficial insects and other animals, absorbs carbon from the atmosphere and releases oxygen, and provides shade and a cooler environment.</p> <p>“Whatever man seeks to achieve, he has to rely on Nature. Nature is not anyone’s private property. It belongs to God. Without the grace of the Lord no one can enjoy the benefits of Nature. Not realising this truth, some people embark on the exploitation of Nature, out of arrogance and self-conceit. This is highly misconceived.” – Sathya Sai Baba (SSS 22.17: June 25, 1989)</p> | <p>Growing our own vegetables (or buying locally grown produce) helps <u>conserve physical energy</u> and minimises our environmental impact. Think about the distance food travels from its origin to the food stores consuming energy (fossil fuel, a non-renewable energy source) and how that affects the environment</p> |
| <p><b>Composting</b></p>                    | <p>Refer to the SSE lesson plan link provided below for an example of composting activity.</p> <p>Composting is a natural process that decomposes kitchen and garden waste and transforms them into valuable green waste, rich in nutrients, which is known as compost. Compost helps improve soil structure, maintain moisture levels and keeps the soil’s pH balance in check while promoting soil health and suppressing plant disease.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>Composting helps <u>cultivate food energy</u> that is necessary for sustenance of life. It also helps in diverting organic waste away from landfills and</p>                                                                                                                                                               |

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| <b>Energy is a Divine Gift – Use it wisely</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Use energy only for good purposes. Do not waste energy by using it for unsacred vision, bad thoughts, bad hearing, and excessive talk.<br><p>“Spiritual practice consists of <b>speaking good, thinking good, seeing good, hearing good, and doing good</b>. Excessive talking must also be avoided, as it is a waste of energy. When one gets weak due to wastage of energy, he is prone to get angry and develop hatred. You must therefore use your God-given energy for good purposes. Energy is a Divine gift. By curtailing unnecessary talk and keeping silent, you can conserve energy. ‘Talk less and work more’ is the golden rule to be adopted.” – Sathya Sai Baba (SSS 27.10: November 4, 2004)</p> | Excessive talk uses up a lot of energy; thus, minimising such energy wasters, including idle talk, stress/tension, negative emotions, help <u>conserve personal/mental energy</u> |
| <b>Participate on Earth Day activity (22<sup>nd</sup> April) and be inspired to ‘Make every day Earth Day’</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Get involved in Earth Day activities planned in your area. Consider making every day Earth Day by making some lifestyle changes to lessen our impact on Mother Earth. In every daily action, we can choose to be more conscious and act in a way that cares for our environment. There are a number of ways we can appreciate and care for Mother Earth, some of which are listed above and below.                                                                                                                                                                                                                                                                                                               | All add up in protecting our planet!                                                                                                                                              |
| <b>Tips for Conserving Energy on a Daily Basis</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |
| <p>The list below provides a few tips for the children and family on how to reduce the environmental impact of our day-to-day energy use</p> <ol style="list-style-type: none"> <li>1. Turn off lights and fans when leaving a room</li> <li>2. Shutdown personal computers/laptops/tablets when not in use</li> <li>3. Unplug electronic appliances like mobile phone chargers and entertainment systems when not in use</li> <li>4. Replace blown out fluorescent and incandescent light bulbs with light emitting diode (LED) bulbs, as they last longer, require less energy to use and produce fewer carbon emissions</li> <li>5. Air-dry your clothes instead of using a clothes dryer, if possible</li> <li>6. Buy appliances with Energy Star label. Pay attention to Energy Efficiency Rating (EER) displayed on a yellow label of every appliance. Higher EER indicates a more energy-efficient unit</li> <li>7. Insulate your home: prevent air leaks through home improvement measures, such as using caulk or weather strip around windows and doors, and insulating the roof/ceiling/attic, walls, floor and basement, as air leaks can raise your heating and cooling costs</li> </ol> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                   |

8. Turn down heat and air conditioning to the minimum-average setting
9. Practice 'Ceiling on Desires' principle, be conscious of your daily habits, **remember manufacturing of new products and even disposal of items require energy**, follow below **9Rs** to the best extent possible, lessen your ecological footprint, conserve energy and live happily:
  - ❖ **Respect** Mother Nature and use resources wisely
  - ❖ **Reduce** your consumption. Do not fall for things shown by advertisers. Rethink what you buy – buy only what is needed and buy quality products that last longer (reducing the need to replace them frequently)
  - ❖ **Reuse/repurpose/repair** what can be used and become functional
  - ❖ **Rot** organic waste, such as clippings and kitchen scraps (See above section on 'Composting')
  - ❖ **Refill** your reusable water bottles and beverage mugs instead of buying disposable bottles and plastic/paper cups. Take your reusable bottle/mug along wherever you go
  - ❖ **Refuse** to buy disposable and single use items
  - ❖ **Recycle** what cannot be reused or composted

## SHARE & INSPIRE

The STP team would love to see and hear about the activities that the children, family, centres and community enjoyed when performing the above-suggested or other H.E.L.P. activities. Please share your wonderful efforts in a form of photograph or video with a brief description of activities, via email to [servetheplanet.ssio@gmail.com](mailto:servetheplanet.ssio@gmail.com), and complete the form provided in the link here: <http://bit.ly/2G2eZUK>. We will collate all submissions and share them with others through the STP webpage and other platforms of the SSIO, including its public outreach program.

We would also like to suggest regions/countries/zones to showcase the children's artwork, written pieces, photographs and videos locally.

We believe that **sharing** your wonderful efforts to H.E.L.P. will **inspire** many more to embark on this journey to Protect our Planet!

**Note:** Ensure permissions are obtained from people to be photographed and featured in the video

### Terms and Conditions:

- Personal information submitted on behalf of the children will be stored according to the data protection act and will not be shared with third parties
- Material uploaded will be used for the purpose for which it is being collected, that is, as part of the SSIO Young Adult STP 2018 Project
- Images and written content may be used online or printed for the sole purpose of sharing the STP 2018 – PTP initiative within the SSIO and as part of the work of the Public Outreach Committee

**Finally, look out for interactive STP SSE online content coming out soon!**

### Additional Useful Resources:

- SSE lesson plans on Ceiling on Desires  
<https://iammotherearth.wordpress.com/go-green-lesson-plans/>
- Protect the Planet Booklet  
<http://sathyasai.org/sites/default/files/pages/conferences/go-green-2018/home/protect-the-planet-booklet.pdf>
- Study Aids  
<http://sathyasai.org/studyaids/desires>  
<http://sathyasai.org/studyaids/silence>



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