

# Sri Sathya Sai Baba Centre of Ottawa-Carleton

"Selfless Service Saturated with love" – Sai Baba



## Objectives of Sai Spiritual Education

***Sai spiritual Education is 'Education for Transformation'. Sathya Sai Baba asserts that the purpose of education is not for the acquisition of knowledge or material possessions, but first and foremost for moral character development and service to humanity. Before academic and scientific knowledge can be of use to the individual, the basic human values must be inculcated from a young age. Only then can the worldly knowledge, gained through education, be of positive and constructive use to the individual and society.***

### Pre-SSE (Ages 4-5)

- Silent Sitting, Omkar & Simple Quotes
- Bhajans/Devotional Singing
- Simple Quotations on Human Values
- Health & Hygiene
- Swami's Childhood Stories
- Stories of Different Gods and Values
- Arts, crafts, and Role-Plays related to Human Values
- Group Activities

### Group 1 (Ages 6-8)

- Silent Sitting, Omkar & Simple Quotes
- Stotras/Slokas & Prayers
- Bhajans/Devotional Singing
- Swami's Life & Message
- Instill and Relate five Human Values from Stories: Truth, Right-Action, Peace, Love & Non-Violence
- Introduce the Importance of 5 Elements (Space, Air, Fire, Water & Earth) and 5 Senses (Sound, touch, form, taste & smell)
- Instill and Relate 5 D's (Devotion, Discipline, Duty, Discrimination & Determination) from Stories
- Introduce 3 H's, which is the Unity of Head, Heart and Hands
- Foster Self-Esteem and Self-Discipline
- Cultivate & Relate Family Values and its Ties - Epics (Mahabharata/Ramayana)
- Promote the Practice of Placing a Ceiling on Desires
- Foster a Spirit of Loving Service to Self, Family, School, and Others
- Encourage Respect for Parents, Teachers and Others, and the Environment
- Significance of Festivals, including National Festivals
- Importance of Health & Hygiene
- Spiritual Diary will be checked on a Regular Basis
- Group Activities: Quiz, Attitude Test, and Role Play

### Group 2 (Ages 9-11)

- Jyothi meditation & Omkar
- Stotras/Slokas & Prayers
- Bhajans/Devotional Singing
- Swami's Life & Message
- Nine-Point Code of Conduct
- Importance of 5 Elements (Space, Air, Fire, Water & Earth) and How They Relate to Us and the Environment
- Develop the Faculty of 5 D's (Devotion, Discipline, Duty, Discrimination & Determination)
- Foster the Understanding of the Unity of Faiths
- Inner Significance of Festivals, including National Festivals
- Health & Hygiene
- Nava-Vidha-Bhakti or Nine Types of Devotion: Sraavanam (Listening), Kirtanam (Singing), Vishnu Smaranam (Remembrance of the Lord), Padasevanam (Service to the Lotus Feet of the Lord), Archanam (Worship), Vandanam (Salutation), Daasyam (Servitude), Sakhyam (Friendship), Atma Nivedanam (Self-Surrender)
- Introduce 'Human Workshop' & 'Purity of Food'
- Earth-Care
- Promote the Practice of Placing a Ceiling on Desires
- Encourage the Practice of Selfless Service
- Spiritual Diary will be checked on a Regular Basis
- Group Activities: Quiz, Attitude Test, Role Play, and Value Games

### Group 3 (Ages 12-14)

- Omkar & Meditation
- Significance and Understanding of Stotras/Slokas & Prayers
- Bhajans/Devotional Singing
- Swami's Life & Message
- Shirdi Sai Baba's Life and Teachings
- Nine-Point Code of Conduct
- Imbibing of the Values
- Synthesis of Major Religions
- Develop Awareness of the Atmic Reality
- Significance of 'Purity of Food'
- Foster the Understanding of Divinity in All
- Life and Teachings of Saints and Leaders (e.g., Sri Ramakrishna Paramahansa, Swami Vivekananda)
- Life and Teachings of Leaders Who have Dedicated Their Lives for the Service of the Fellow-Beings and the Humanity at Large
- Spiritual Study-Circle on a Regular Basis
- Earth-Care
- Management of Time, Purity of Thoughts, Pranaayaama (Breath Control)
- Health & Hygiene
- Promote the Practice of Placing a Ceiling on Desires
- Encourage the Practice of Selfless and Community Service
- Facilitate Learning to Control Negative Emotions
- Strengthen Moral Living
- Develop a Spirit of Mutual Trust and Love, especially with Parents and Peers
- Preparing to be an Ideal Sai Sevak/SSE Guru
- Group Activities: e.g., Debates, Analysis, Service Activities at the Center, Volunteer Work, Helping in the Kitchen
- Project Work: e.g., Maintenance of General Cleanliness on the Centre Premises

### Group 4 (15-17)

- Omkar & Meditation
- Swami's Life & Message
- Nine-Point Code of Conduct
- Bridging lessons learned from previous SSE classes: Self inquiry, Self Image, Positive Thinking
- Study of the Unity of Faiths – a more in-depth and meaningful exploration
- Study Circle in which Swami's teachings are explored for deeper meaning and relevancy to their lives, including such challenges as peer pressure, smoking, alcohol and drugs, self-confidence, ecology, and career and life goals
- Ceiling on Desires and its practical spiritual application in every aspect of life
- Management of Time, Purity of Thoughts, Pranaayaama (Breath Control)
- In-depth exploration of 'Purity of Food'
- The art of public speaking
- Leadership, Team Building, Goal setting, critiquing/trouble-shooting
- The ideal Guru and how to start a Balvikas Class
- The ideal of Sathya Sai Education
- The ideal Sai Sevak
- Group activities: e.g., volunteering at the Centre or in the community, debate, collaborating with youth groups in special activities as they arise
- Project Work: To be determined by students: Involve planning and delivering a value-based project that will bring positive benefits to the society/community

### Parent Involvement

- **PLEASE BE PUNCTUAL (BE ON TIME)**
- **Call the Guru if a child will be absent. Try to catch up with the material covered in the missed class by talking to the Guru**
- **Enhance and reinforce the SSE materials at home**
- **Feel free to indicate if improvements are needed (We need your input)**
- **Feel free to arrange a time to act as a parent helper for your child's class**
- **Help SSE Gurus with materials, or interesting/inspiring stories, or arranging field trips**
- **Have educative sessions or a mini study circles often with the children at home so that the class material is reinforced**
- **Establish and ensure Two-way Communication Channel with the SSE Gurus via Phone calls, E-mail, or in Person**
- **SSE is only effective if the parents support the Guru and are willing and able to reinforce the teachings at home**

**“The end of Education is Character”**

**- Sri Sathya Sai Baba**