



Name:

My Spiritual Diary "Character is built up by constant practice of good actions." - Sri Sathya Sai Baba, July 21, 1986





The tongue has no bones	But is strong enough to break a heart.	
A slip of the foot, you may soon recover	A slip of the tongue, you may never get over.	
Talk with your mind	Before you talk with your tongue.	
A sharp tongue and a dull mind are	Usually found in the same head.	
Never trust your tongue	When your heart is bitter.	
Same as an arrow released from the bow cannot return	Painful and harsh words cannot be taken back.	
If you say what you think	Don't expect to hear what you like.	
Be sure to taste your words	Before you spit them.	





Listen, my son, to your father's instruction and	and do good to parents. Surah Al-Isra, verse 23
Children, obey your parents in everything,	hear their words and obey them.
Honor the sacred. Honor the Earth,	our Mother. Honor the Elders
Be obedient to your father and mother,	do not forsake your mother's teaching. Proverbs 1:8
Your Lord has decreed that you worship none but Him,	for this pleases the Lord. Colossians 3:20





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Listen to the chanting of the Bilvashtakam prayer here by Swami's students.



Tridalam Trigunaakaaram Trinetram Cha Triyaayudham Trijanma Paapa Samhaaram Ekabilvam Shivaarpanam.

Trishaakhaih Bilvapatraishcha Acchidraih Komalaisshubhaih Tavapoojaam Karishyaami Ekabilvam Shivaarpanam.

Koti Kanyaa Mahaadaanam Tilaparvata Kotayaha Kaanchanam Shailadaanena Ekabilvam Shivaarpanam.

Kaasheekshetra Nivaasam Cha Kaalabhairava Darshanam Prayaage Maadhavam Drushtvaa Ekabilvam Shivaarpanam.

Induvaare Vratam Sthitvaa Niraahaaro Maheshvarah Naktam Houshyaami Devesha Ekabilvam Shivaarpanam.

Raamalinga Pratishthaa Cha Vaivaahita Krutam Tathaa Tataakaanicha Sandhaanam Ekabilvam Shivaarpanam.

Akhanda Bilva Patram Cha Aayutam Shivapoojanam Krutam Naama Sahasrena Ekabilvam Shivaarpanam.

Umayaa Saha Devesha Nandi Vaahanameva Cha Bhasmalepana Sarvaangam Ekabilvam Shivaarpanam.

Shaaligrameshu Vipraanaam Tataakam Dashakoopayoh Yagnakotisahasrascha Ekabilvam Shivaarpanam.

Dantikoti Sahasreshu Ashvamedha Shatakratau Kotikanyaa Mahaadaanam Ekabilvam Shivaarpanam.

Bilvaanaam Darshanam Punyam Sparshanam Paapa Naashanam Aghora Paapa Samhaaram Ekabilvam Shivaarpanam.

Sahasraveda Paateshu Brahmasthaapanam Uchyate Anekavrata Koteenaam Ekabilvam Shivaarpanam.

Annadaana Sahasreshu Sahasropanayanam Tathaa Aneka Janma Paapaani Ekabilvam Shivaarpanam.

Bilvastotram Idam Punyam Yahpathet Shiva Sannidhau Shivalokam Avaapnoti Ekabilvam Shivaarpanam.

Meaning:

- 1. One Bilva leaf, with three petals, offered to Shiva, who is the embodiment of the three attributes, who has three eyes and who holds the trident, destroys the sins accumulated over three lives.
- 2. Oh Lord Shiva, I perform Your worship with three vegetables and with auspicious tender and adorable Bilva leaves. I offer one Bilva leaf to Shiva (with this feeling).
- 3. One Bilva leaf offered to Shiva is equal to the merit earned by giving in charity one crore maidens (by performing their marriage), crores of mountains of 'Til' seeds and a mountain of gold.





- 4. One Bilva leaf offered to Shiva is equal to the merit earned by residing in Kashi, having the darshan of Kala Bhairava (Lord Rudra who annihilates the universe at the end) and Madhava who is the chief deity of Prayaga.
- 5. Adhering to the vow on Monday, fasting and remembering you day and night, O, Lord Shiva, I offer a Bilva leaf to you.
- 6. One Bilva leaf offered to Shiva blesses us with the merit of installing Ramalinga, performing a marriage and constructing many water tanks, and bestows upon us progeny.
- 7. One Bilva leaf offered to Shiva, chanting His thousand names, grants us the merit of performing the worship thousand times.
- 8. I offer one Bilva leaf to Shiva, who is accompanied by Uma and is riding His vehicle Nandi (the bull) and His whole body is smeared with ash.
- 9. One Bilva leaf offered to Shiva is equal to giving many Shaligramas (auspicious white stones) to Brahmins, constructing ten crore water-tanks and performing thousand crore Yajnas (ritual sacrifices).
- 10. One Bilva leaf offered to Shiva is equal to giving in charity a thousand crore tuskers during the performance of a hundred types of Yajnas including the Ashvamedha (the horse-sacrifice) and giving a crore maidens in marriage.
- 11. Even beholding the Bilva leaf grants us great merit, a mere touch of it destroys our sins. By offering one such Bilva leaf to Shiva, we can get rid of all sins.
- 12. A thousand chantings of Vedas amounts to installation of Brahma. One Bilva leaf offered to Shiva grants us the merit of keeping up a crore of such vows.
- 13. One Bilva leaf offered to Shiva bestows upon us the merit of offering food to thousands of people and performing thousands of sacred thread ceremonies and it destroys the sins of many lives.

Whoever chants this meritorious Bilva Stotram with devotion to Shiva, attains the abode of Shiva and revels in His presence.

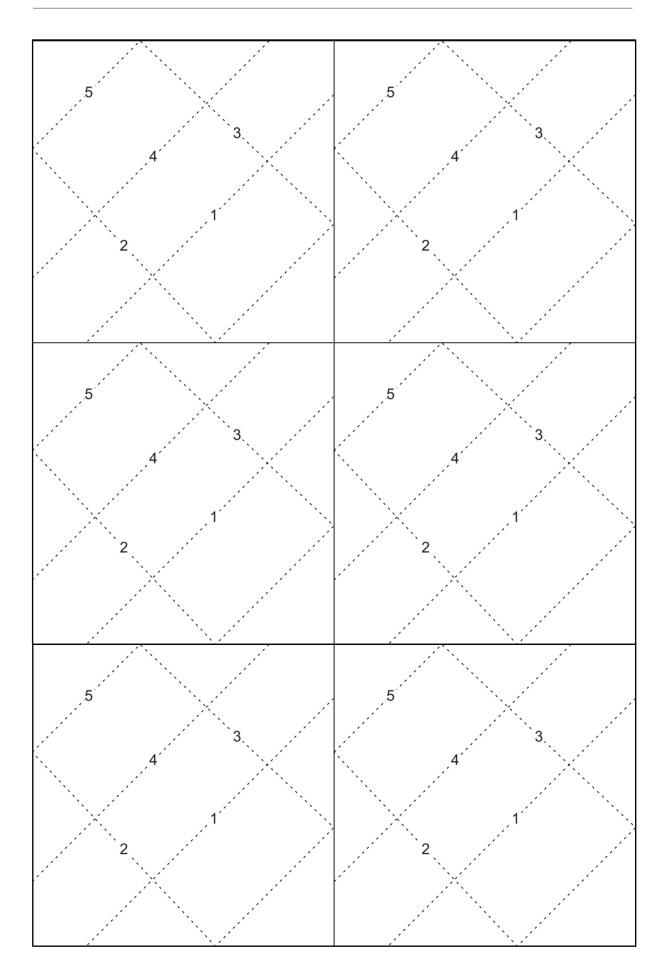
(Source: Vandana: Students Prayer Book, from the Sathya Sai with Students blog)

Reading of these verses on bilva in the presence of Lord Shiva saves one from all sins, and in the end, takes one to the world of Shiva.

Lord Shiva Bilvashtakam was composed by Jagad Guru Sri Adi Shankaracharya. Shri Shiva Bilvashtakam is a powerful mantra that speaks of the power and glory of offering bilva leaves to Lord Shiva. They are to be offered in a group of three leaves and are said to have features that identify them with Lord Shiva himself.



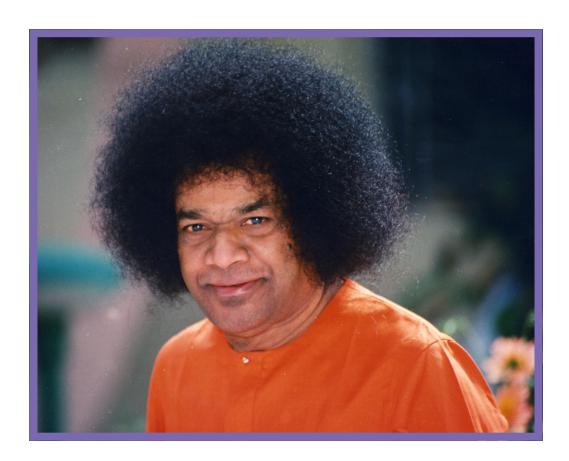








3. LESSON PLANS & OTHER RESOURCES



ASSESSMENTS





END-OF-YEAR ASSESSMENT - GRADES 10 & 11 ONLY

Full Name:	mm/dd/yy
Answer the following in the best way you	are able, in complete sentences, with detail.
1. Pick <u>one</u> of these messages that is clos	se to your heart and answer it:
•	vaste time!" Time lost will never return. How ? Share specific examples. If there are hat as well.
B. Swami says, "Follow the master, game." What is Swami asking us to donfidence?	Face the devil, Fight to the end, Finish the o here? How does this build self-
	ni's 1990 Summer Showers discourses. a chord with you? Explain how you can





ear? Set one goal	and steps you can	take to achieve	IT.





3. What is the importance of meditation in life? How do you think regular practice of it will help you be successful?



END-OF-YEAR ASSESSMENT - GRADE 12 ONLY

Full Name:	mm/dd/yy
Answer the following in the best way you are able to in detail.	complete sentences and with
1. Define "character." What does Swami say and what o	











Certificate of Program Completion

has completed the necessary attendance, service, and participation requirements of the

Sri Sathya Sai Educare Program

On this date at th

at the Sri Sathya Sai Center of

to race or religion. That is the true purpose of education. It must lead to realization of the Self that is in everyone. Education should lead to elevation of the consciousness. "Students should develop a universal outlook and seek to serve all without regard

– Sri Sathya Sai Baba, May 20, 1993

Sri Sathya Sai Educare Guru

Sri Sathya Sai Educare Center Coordinator



has participated in the

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On this date

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Sri Sathya Sai Educare Center Coordinator





Note to gurus: This handout gives all 32 of Swami's Maxims—the graphics found throughout each of the Syllabus books—here in one place. For Groups 1 & 2, print these pages (black & white is fine too), cut out the specific ones relating to the lesson you are teaching, and give to each of the children to stick in their notebooks. For Groups 3 & 4, instead of printing and giving, show them the graphic and ask them to draw it into their notebooks. It is a good opportunity to allow them to pause their minds from thinking and discussing, and shift into a different gear for a few minutes. Show all children Swami's signature in the bottom right corner—it is how He signs His letters and is His handwriting.

YOU CANNOT ALWAYS OBLIGE, BUT YOU CAN ALWAYS SPEAK OBLIGINGLY.

SRI SATHYA SAI BABA

WORK IS WORSHIP, DUTY IS GOD.

SRI SATHYA SAI BABA

SERVICE TO MAN
IS
SERVICE TO GOD.
SRI SATHYA SAI BABA

LIFE IS A CHALLENGE, MEET IT!

LIFE IS A DREAM, REALIZE IT!

LIFE IS A GAME, PLAY IT!

LIFE IS LOVE, ENJOY IT!

SRI SATHYA SAI BABA

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.
SRI SATHYA SAI BABA





BODY IS LIKE A WATER BUBBLE,
MIND IS LIKE A MAD MONKEY,
DON'T FOLLOW THE BODY, DON'T FOLLOW THE MIND,
FOLLOW THE CONSCIENCE.

SRI SATHYA SAI BABA

SAI SAI SAI BABA

THE BEST WAY
TO LOVE GOD
IS TO
LOVE ALL,
SERVE ALL.
SRI SATHYA SAI BABA

THE END OF EDUCATION IS CHARACTER.

SRI SATHYA SAI BABA

Continued to the continued to the

TAKE ONE STEP TOWARDS ME, I WILL TAKE 100 TOWARDS YOU.

SRI SATHYA SAI BABA

HASTE MAKES WASTE, WASTE MAKES WORRY,

SO, DON'T BE IN A HURRY.

SRI SATHYA SAI BABA





SEE NO EVIL, SEE WHAT IS GOOD.
HEAR NO EVIL, HEAR WHAT IS GOOD.
TALK NO EVIL, TALK WHAT IS GOOD.
THINK NO EVIL, THINK WHAT IS GOOD.
DO NO EVIL, DO WHAT IS GOOD.
SRI SATHYA SAI BABA

LAZINESS IS RUST AND DUST, CHANGE IN ACTIVITY IS REST.

START THE DAY WITH LOVE, SPEND THE DAY WITH LOVE, FILL THE DAY WITH LOVE, END THE DAY WITH LOVE, THIS IS THE WAY TO GOD.

THE LAWS OF THE HEART:
FOLLOW THE MASTER,
FACE THE DEVIL,
FIGHT TO THE END,
FINISH THE GAME.

SRI SATHYA SAI BABA

RESPECT YOUR PARENTS,
PLEASE THEM,
WHEN YOU MAKE THEM
HAPPY, YOUR LIFE WILL BE
HAPPY THROUGHOUT.
SRI SATHYA SAI BABA

SRI SATHYA SAI BABA

LESS LUGGAGE = MORE COMFORT

MAKES TRAVEL A
PLEASURE.

SRI SATHYA SAI BABA





IF THERE IS RIGHTEOUSNESS IN THE HEART,
THERE WILL BE BEAUTY IN THE CHARACTER.
IF THERE IS BEAUTY IN THE CHARACTER,
THERE WILL BE HARMONY IN THE HOME.
IF THERE IS HARMONY IN THE HOME,
THERE WILL BE ORDER IN THE NATION.
IF THERE IS ORDER IN THE NATION,
THERE WILL BE PEACE IN THE WORLD.

GOD IS LOVE, LOVE IS GOD, LIVE IN LOVE.

SRI SATHYA SAI BABA

PAROPAKARARTHAM
IDAM SHARIRAM:
THE HUMAN BODY IS
A GIFT FROM GOD
TO SERVE OTHERS.

SRI SATHYA SAI BABA

DAIVA PREETHI, PAAPA BHEETHI, SANGHA NEETHI:

YOU MUST FILL YOUR HEART WITH LOVE FOR GOD, FEAR OF SIN, AND MORALITY IN SOCIETY.

SRI SATHYA SAI BABA







HUMANNESS MEANS UNITY IN THOUGHT, WORD, AND DEED. SRI SATHYA SAI BABA

AVOID BAD COMPANY:

TELL ME YOUR
COMPANY AND I
SHALL TELL YOU WHO
YOU ARE.

SRI SATHYA SAI BABA

START EARLY,
DRIVE SLOWLY,
REACH SAFELY.

SRISATHYA SAI BABA

CHICAGO
START EARLY,

SROWLY,

HRUT+DAYA = HRUDAYA

HEART MUST BE
FULL OF COMPASSION.

SRI SATHYA SAI BABA

DUTY WITHOUT LOVE IS DEPLORABLE,

DUTY WITH LOVE IS DESIRABLE,

LOVE WITHOUT DUTY IS DIVINE.

SRI SATHYA SAI BABA

LOVE LIVES BY
GIVING & FORGIVING,
SELF LIVES BY
GETTING & FORGETTING.
SRI SATHYA SAI BABA





THERE IS ONLY ONE RELIGION,
THE RELIGION OF LOVE.

THERE IS ONLY ONE LANGUAGE,
THE LANGUAGE OF THE HEART.

THERE IS ONLY ONE GOD,
AND HE IS OMNIPRESENT.

SRI SATHYA SAI BABA

FOOD IS GOD,

DO NOT

WASTE FOOD.

SRI SATHYA SAI BABA

GRATITUDE
IS OUR
LIFE-BREATH.

SRI SATHYA SAI BABA

MAKE YOUR LIFE A ROSE THAT SPEAKS SILENTLY IN THE LANGUAGE OF FRAGRANCE.

SRI SATHYA SAI BABA

PAST IS PAST,
FUTURE IS UNCERTAIN,
SO, LIVE IN THE PRESENT:
IT IS NOT ORDINARY PRESENT,
IT IS OMNIPRESENT.

SRI SATHYA SAI BABA