



Sri Sathya Sai Educare, USA



Name: \_\_\_\_\_

# My Spiritual Diary

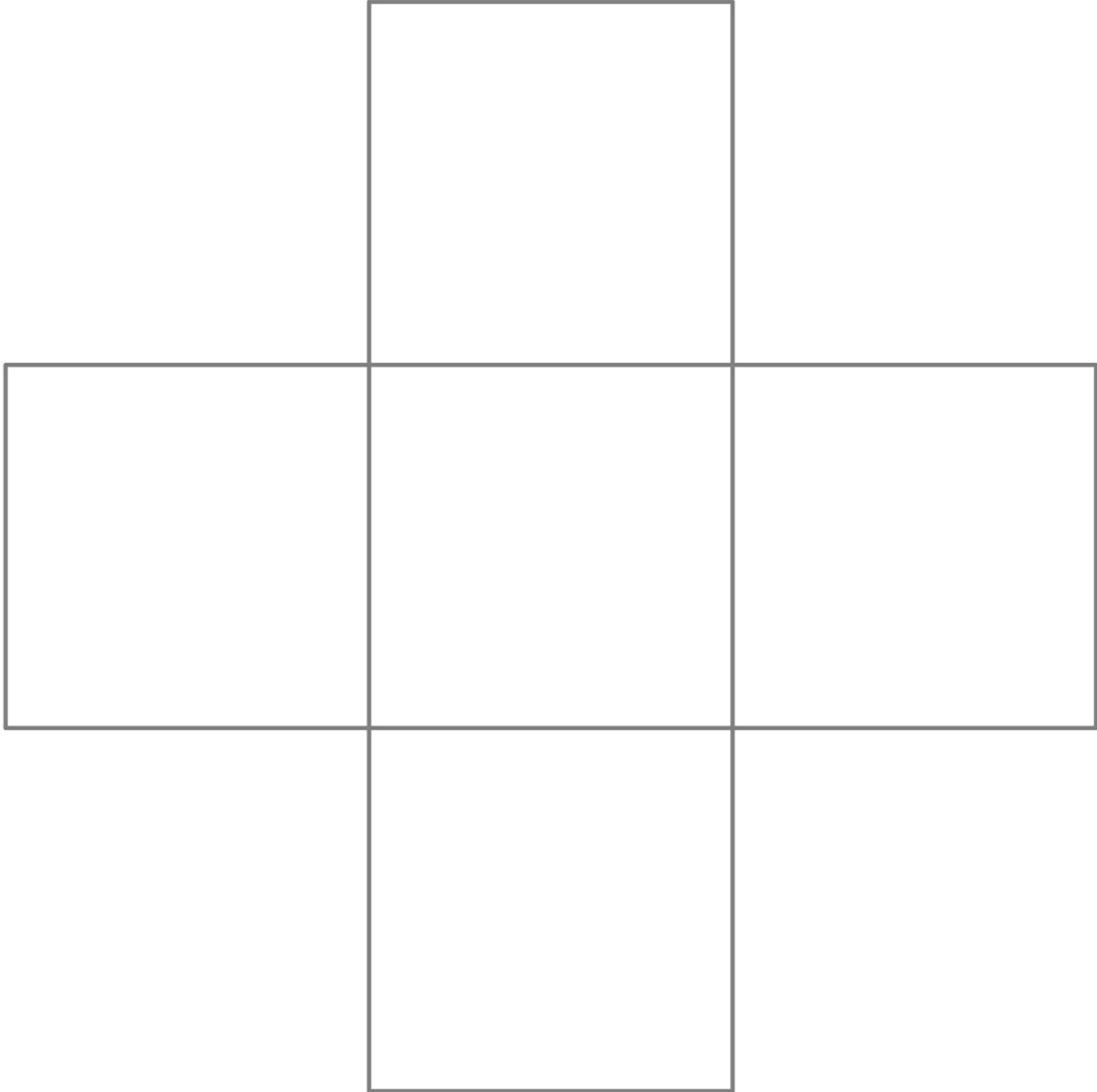
“Character is built up by constant practice of good actions.” - Sri Sathya Sai Baba, July 21, 1986

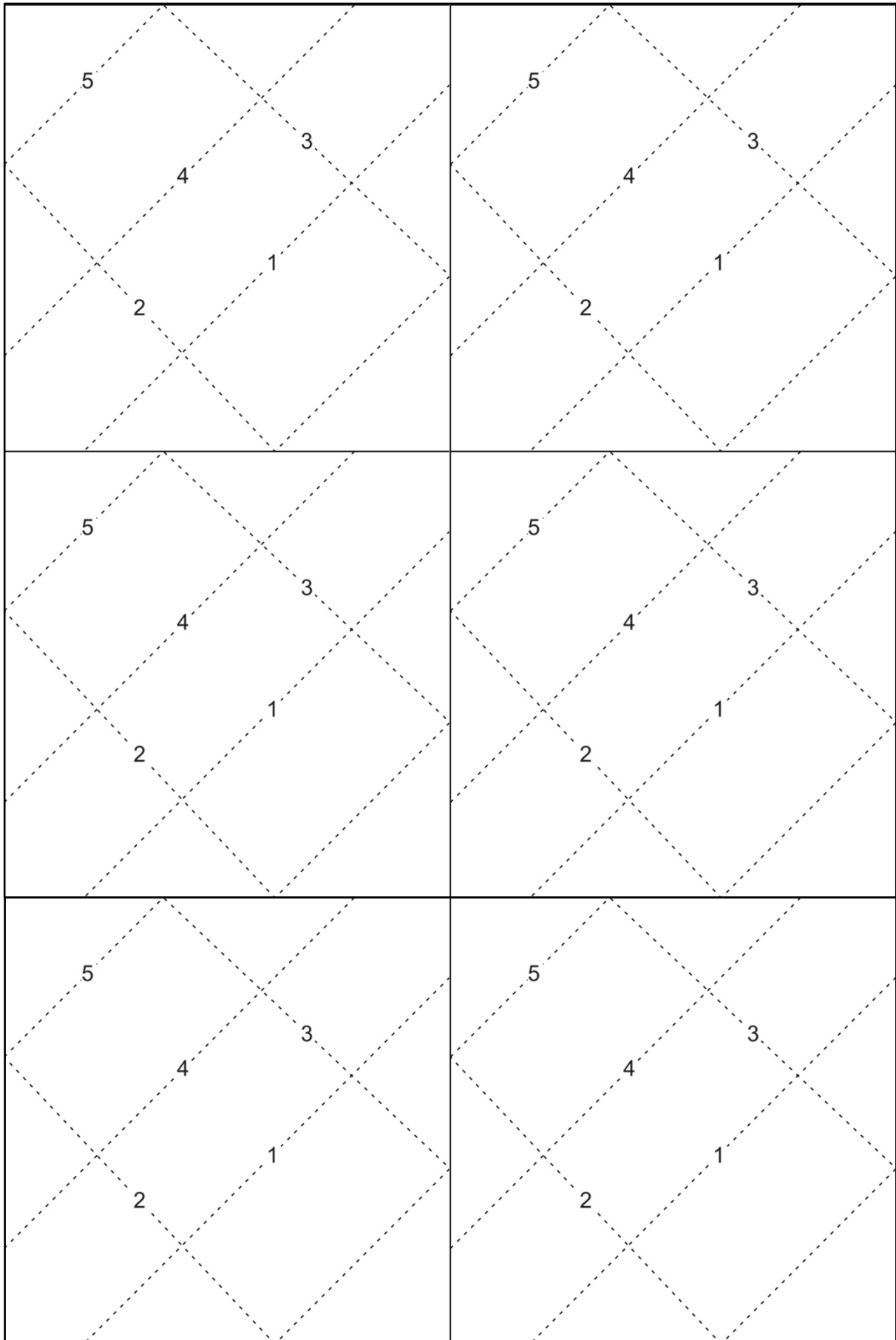
MONTH:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
I said a daily prayer																															
I was respectful to my parents																															
I kept my room clean																															
I made my bed																															
I did not hurt anyone with my words and used kind words																															
I was clean and had a neat appearance (brushed teeth, combed hair, showered, etc.)																															
I helped at least one person																															
I was responsible for my own schoolwork																															
I helped around the house																															
I limited my screen time																															
I made healthy food choices																															
I did not waste food																															
I did not waste water																															
I used a reusable water bottle																															



Name	Gratitude	Feeling Contentment
Food	It nourishes my body	It feels good because I am not hungry

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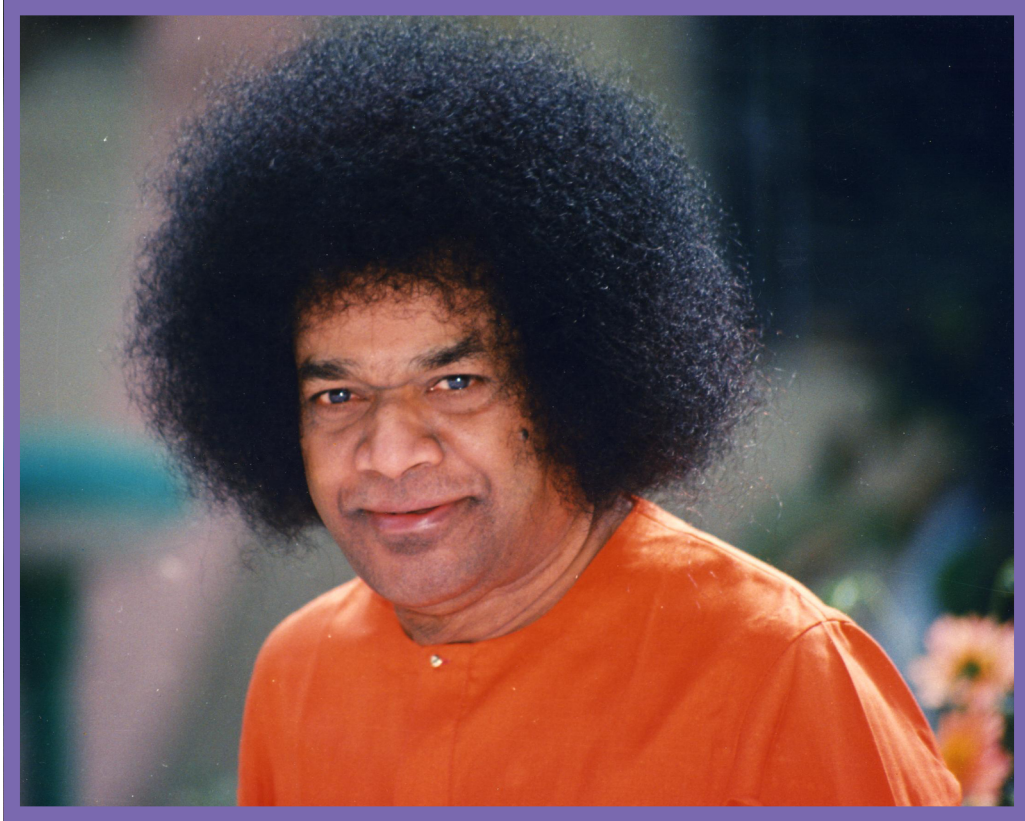








### 3. LESSON PLANS & OTHER RESOURCES



# ASSESSMENTS



Full Name: \_\_\_\_\_ mm/dd/yy \_\_\_\_\_

Answer the following in the best way you are able to in complete sentences and with detail.

1. What was your favorite part of the year? Why?

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2. Which story stuck with you this year? Why?

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3. What is one good habit you are on? Share how your journey has been, as you make your way to success. Are there any strategies you can share that help with it?

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4. Satsang is “company of the good.” When we meet as a Center, we are engaging in communal spiritual activities that motivate and inspire us. Which activity of the Center have you participated in this year? It could be a service activity, a celebration, or even regular bhajans. Share your reflections on your feelings and takeaways from it. If you have attended none, what is your goal for next year?

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5. Prayer is a way to connect to God. Share the name (and if you recall, a brief meaning) of a prayer or bhajan that you have learned in all these years or a prayer/ bhajan you would like to learn? Explain why you connect with it or why you would like to learn it.

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6. Share about a fun activity that you did with your family. How does your family support you in all that you do?

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7. Swami says your primary duty is to be a student. What is one human value you would like to work on to be a better student at school?

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8. Coming to class is a commitment. How do you think you have done this year in attending class? Share your reflection on what you have learned in the process?

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*Note to gurus: This handout gives the 32 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

With Love  
Pam

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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

With Love  
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TAKE ONE STEP  
TOWARDS ME,  
I WILL TAKE  
**100**  
TOWARDS YOU.

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SRI SATHYA SAI BABA

With Love  
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DUTY WITHOUT LOVE  
IS DEPLORABLE,  
DUTY WITH LOVE  
IS DESIRABLE,  
LOVE WITHOUT DUTY  
IS DIVINE.

SRI SATHYA SAI BABA

With Love  
Pank

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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

With Love  
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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

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AVOID BAD COMPANY:  
TELL ME YOUR  
COMPANY AND I  
SHALL TELL YOU WHO  
YOU ARE.

SRI SATHYA SAI BABA

With Love  
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FOOD IS GOD,  
DO NOT  
WASTE FOOD.

SRI SATHYA SAI BABA

With Love  
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CHANGE IN ACTIVITY IS  
REST.

SRI SATHYA SAI BABA

With Love  
Pank





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RUST AND DUST,  
CHANGE IN ACTIVITY IS  
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SRI SATHYA SAI BABA

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

SRI SATHYA SAI BABA

With Love  
Pank

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SRI SATHYA SAI BABA

With Love  
Pank





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

SRI SATHYA SAI BABA

With Love  
Pank

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SRI SATHYA SAI BABA

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SRI SATHYA SAI BABA

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HELP EVER,  
HURT NEVER.

SRI SATHYA SAI BABA

With Love  
Pam

HELP EVER,  
HURT NEVER.

SRI SATHYA SAI BABA

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

SRI SATHYA SAI BABA

With Love  
Pank

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SRI SATHYA SAI BABA

With Love  
Pank





START EARLY,  
DRIVE SLOWLY,  
REACH SAFELY.

SRI SATHYA SAI BABA

With Love  
Pam

START EARLY,  
DRIVE SLOWLY,  
REACH SAFELY.

SRI SATHYA SAI BABA

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DRIVE SLOWLY,  
REACH SAFELY.

SRI SATHYA SAI BABA

With Love  
Pam





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

SRI SATHYA SAI BABA

With Love  
Pank

MAKE YOUR LIFE  
A ROSE THAT SPEAKS  
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THE LANGUAGE OF  
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SRI SATHYA SAI BABA

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SRI SATHYA SAI BABA

With Love  
Pank





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

With Love  
Roh

DAIVA PREETHI, PAAPA BHEETHI,  
SANGHA NEETHI:

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SRI SATHYA SAI BABA

With Love  
Roh





HASTE MAKES WASTE,  
WASTE MAKES WORRY.  
SO, DON'T  
BE IN A HURRY.

SRI SATHYA SAI BABA

With Love  
Pam

HASTE MAKES WASTE,  
WASTE MAKES WORRY.  
SO, DON'T  
BE IN A HURRY.

SRI SATHYA SAI BABA

With Love  
Pam

HASTE MAKES WASTE,  
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SO, DON'T  
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SRI SATHYA SAI BABA

With Love  
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SRI SATHYA SAI BABA

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SO, DON'T  
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SRI SATHYA SAI BABA

With Love  
Pam





LOVE LIVES BY  
GIVING & FORGIVING,  
SELF LIVES BY  
GETTING & FORGETTING.

SRI SATHYA SAI BABA

With Love  
Pam

LOVE LIVES BY  
GIVING & FORGIVING,  
SELF LIVES BY  
GETTING & FORGETTING.

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LOVE LIVES BY  
GIVING & FORGIVING,  
SELF LIVES BY  
GETTING & FORGETTING.

SRI SATHYA SAI BABA

With Love  
Pam





WORK IS WORSHIP,  
DUTY IS GOD.

SRI SATHYA SAI BABA

With Love  
Roh

WORK IS WORSHIP,  
DUTY IS GOD.

SRI SATHYA SAI BABA

With Love  
Roh

WORK IS WORSHIP,  
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SRI SATHYA SAI BABA

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WORK IS WORSHIP,  
DUTY IS GOD.

SRI SATHYA SAI BABA

With Love  
Roh





SERVICE TO MAN  
IS  
SERVICE TO GOD.

SRI SATHYA SAI BABA

With Love  
Pam

SERVICE TO MAN  
IS  
SERVICE TO GOD.

SRI SATHYA SAI BABA

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SRI SATHYA SAI BABA

With Love  
Pam





LESS LUGGAGE = MORE COMFORT  
MAKES TRAVEL A  
PLEASURE.

SRI SATHYA SAI BABA

With Love  
Roh

LESS LUGGAGE = MORE COMFORT  
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RESPECT YOUR PARENTS,  
PLEASE THEM,  
WHEN YOU MAKE THEM  
HAPPY, YOUR LIFE WILL BE  
HAPPY THROUGHOUT.

SRI SATHYA SAI BABA

With Love  
Pank

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SRI SATHYA SAI BABA

With Love  
Pank





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.

SRI SATHYA SAI BABA

With Love  
Pank

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.

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THIS IS THE WAY TO GOD.

SRI SATHYA SAI BABA

With Love  
Pank





**HUMANNESS**  
MEANS UNITY IN  
**THOUGHT, WORD,**  
**AND DEED.**

SRI SATHYA SAI BABA

*With Love  
Pank*

**HUMANNESS**  
MEANS UNITY IN  
**THOUGHT, WORD,**  
**AND DEED.**

SRI SATHYA SAI BABA

*With Love  
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**HUMANNESS**  
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MEANS UNITY IN  
**THOUGHT, WORD,**  
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SRI SATHYA SAI BABA

*With Love  
Pank*

**HUMANNESS**  
MEANS UNITY IN  
**THOUGHT, WORD,**  
**AND DEED.**

SRI SATHYA SAI BABA

*With Love  
Pank*





HRUT+ DAYA = HRUDAYA

HEART MUST BE  
FULL OF COMPASSION.

SRI SATHYA SAI BABA

With Love  
Pank

HRUT+ DAYA = HRUDAYA

HEART MUST BE  
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SRI SATHYA SAI BABA

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HEART MUST BE  
FULL OF COMPASSION.

SRI SATHYA SAI BABA

With Love  
Pank





**GRATITUDE**  
IS OUR  
**LIFE-BREATH.**

SRI SATHYA SAI BABA

*With Love  
Pank*

**GRATITUDE**  
IS OUR  
**LIFE-BREATH.**

SRI SATHYA SAI BABA

*With Love  
Pank*

**GRATITUDE**  
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SRI SATHYA SAI BABA

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**GRATITUDE**  
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SRI SATHYA SAI BABA

*With Love  
Pank*

**GRATITUDE**  
IS OUR  
**LIFE-BREATH.**

SRI SATHYA SAI BABA

*With Love  
Pank*

**GRATITUDE**  
IS OUR  
**LIFE-BREATH.**

SRI SATHYA SAI BABA

*With Love  
Pank*





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

With Love  
Pank

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

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With Love  
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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.

SRI SATHYA SAI BABA

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SRI SATHYA SAI BABA

With Love  
Pank





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

With Love  
Ramu

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SRI SATHYA SAI BABA

With Love  
Ramu





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

SRI SATHYA SAI BABA

With Love  
Roh

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