

EDUCATION TODAY

Sathya Sai Education in Human Values

NEWSLETTER

7

July 2024

The ART of 'Bringing Out' from the HEART

HIGHLIGHTS



Practice
makes
PERFECT



Walk your Talk!

SEE
ALWAYS
INSIDE

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Sathya Sai School
in PARAGUAY

LATVIA
Primary School
An SSEHV Partnership

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"For a tree to grow, the roots must be strong. Without the roots, the tree would collapse. Similarly, students must have a solid foundation for their progress. And what is this solid foundation? Knowledge along with moral, ethical and spiritual experience are the best foundation." – Sathya Sai ((07-Dec-1978)

Teachers are facilitators and fertilizers.

EDITORIAL

The ART of 'Bringing Out' from the HEART.



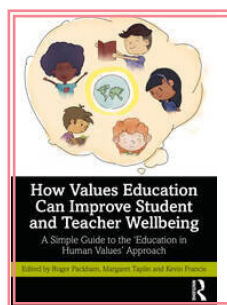
Sathya Sai Education in Human Values (SSEHV), also known worldwide as **Sathya Sai Educare**, is a heartfelt, lifetime commitment. Having the privilege of working as a teacher for the last 19 years, and applying the programme in the classroom context as well as the general environment of the private international schools I have worked at, I've experienced how it is truly a transformational journey that benefits all those involved, including students, teachers and families. As the founder of the programme, Sathya Sai Baba, says: "*Ed-ucare means to bring out the Human Values from within and translate them into action*". Working with kindergarten, primary and secondary students, I understood that the first step is indeed to have the deep trust and firm conviction that this source of wisdom is already there, within every child. Then, stemming from this understanding, our duty becomes that of creat-

ing an environment and culture of Love to help each student bring this wisdom out. In this sense, as educators, we become facilitators and fertilizers, supporting each child to manifest their latent inner treasures, enhancing the beauty of Human Values to blossom in their character. So, how can we help bring out this knowledge that already resides within? How can we find practical ways for children to understand Human Values through their own experience? I personally discovered that this is where the art of Self-inquiry, through simple yet profound questions that can help each child dive deep within, becomes a vital part of SSEHV. This in turn also ensures that they learn not through imposition, but rather through intuition and inspiration. To facilitate this process, at the start of every school year, I invite the students to close their eyes and to visualise a beautiful tree with all its different parts. They then name these parts such as the trunk, branches, flowers, fruits, leaves, etc. Next, I invite them to close their eyes again and to think about something that exists in the tree

although we may not see it with our eyes. Immediately they mention the roots and how important they are although we may not see them, as it is the roots that hold the tree up, provide it with what it needs such as water and nutrients, and prevent the tree from falling. They also explain that without the roots, we could not have any of the other parts. This then takes me to the next introspective question which is to ask the children if there is anything within us that we may not see with our eyes but that is very important too. Intuitively, they always refer to the heart. When asked to describe a person with a 'heart of gold', they define that person as someone who is loving, peaceful, friendly,

honest, helpful, kind, generous, respectful, etc. We then group these words (love, peace, friendship, honesty, help, kindness, respect, etc.) together and I let them know that these are exactly what we call Human Values! Therefore, through the art of Self-inquiry and bringing out from the spiritual Heart, they themselves realise that Human Values are the magical ingredients that result in a 'heart of gold'. Thus, together, every year we embark on the adventure to not only talk about the values, but most importantly follow the invitation to "Walk the Values" every step along the way in our daily thoughts, words and actions.

Raksha Mahtani
EC Board Member



A SIMPLE HUMAN VALUES GUIDE

"*How Values Education Can Improve Student and Teacher Wellbeing*" explains the need for and nature of values education, provides practical, easy strategies and outlines the educational theories that underpin the SSEHV pedagogy. The book furthermore presents Values Education as a solution to major challenges in education such as student disengagement and teacher burnout, and offers the reader a wealth of practical advice to promote wellness and improved educational outcomes.

<https://How Value Education Can Improve Student and Teacher Wellbeing>



On 12 February 2024, children from the Sathya Sai School of Lagos, Nigeria, walked through their villages carrying colourful placards and singing values songs.



On 23 April 2023, children from the Sathya Sai School of Vila Isabel in Rio de Janeiro, Brazil, uplifted the onlookers during a rousing Walk for Values in their neighborhood!



On May 6, 2023, five Sathya Sai Schools in Trinidad and Tobago organized their first Walk for Values and Environmental Fair. The theme of the event in which over 350 people took part was "Building Communities of Character, One Step at a Time".

LET'S CELEBRATE LIFE BY WALKING FOR VALUES!

Walk for Values is a global initiative to sensitize more and more people to the need to cultivate Human Values at all levels in our communities. To foster and promote positive traits such as hope, kindness, patience, honesty, and respect, along with the universal principles of Truth, Love, Peace, Right Action, and Nonviolence, is paramount for the betterment, sustenance, and overall future of the World Community.

Walking for Values means pledging one's commitment to recognize these values and practice them, and by so doing make the world a richer, healthier, and a better home for us all. This practice is building momentum all over the world and the seeds of values are being sown and a collective transformation cultivated and nurtured. It is no coincidence that the students of Sathya Sai Schools are part of this uplifting journey with values, and their enthusiasm is contagious! As they march through their neighbourhoods carrying their bright-coloured banners and intoning songs of peace, friendship, and love, they draw the attention of all passersby; their joy and noble purpose resonate in the air.

The initiative owes its commencement to the **Sathya Sai School of Canada** whose first Walk for Values took place in 2003 in the community of Malvern in northeast Toronto, Ontario. Since then, several provinces, including Alberta, British Columbia, Manitoba, New Brunswick, Nova Scotia, and Newfoundland and Labrador, have adhered to the call to "Walk our talk", because "practice makes perfect"!

You can find out more at: <https://walkforvalues.com>



On 24 April 2024, like every year, students at the Sathya Sai School of Toronto, Canada, walked for Values. Prior to the event they did a self-assessment to determine the value they needed to practice for personal growth and made a pledge to do so during the year.

LATVIA PRIMARY SCHOOL

Keipene Primary School is a small rural pre- and primary school with around 100 students, following the national programme and supporting children with learning difficulties. Keipene is a beautiful, old, green village with many protected trees and giant oaks. We strive to invest an appreciation of its natural beauty in every child. A new requirement, in 2020, was for all Latvian schools to define their visions, missions and values. For many schools, including ours, defining and implementing values was challenging, slow and often only a formal exercise "on paper". Over time, we realized that such policies can look impressive on paper but do not always acknowledge the practical problems that can arise. The year 2020 was very valuable for us, with the opportunity to participate in a seminar on Human Values organized by the **Institute of Sathya Sai Education of North Europe (ESSE)**. Since then we joined more Zoom seminars and deepened our understanding of the true values of life. At first the teachers showed some resistance and anxiety, but over time as they tried to implement the five human values in their own lives, they opened up more and more. It resonated with their inner feelings that the path of values is the right path in everyone's life. Today, there are many challenges in Latvian schools that are dividing teachers and society: mobbing, a lack of teachers, too many educational reforms at once. Therefore, it is even more important to stick to values. With society "swinging" and lacking stability, the new generation must develop a clear and unambiguous vision of what is worth living for, what is worth standing up for, and the importance of strengthening peace and harmony in everyone. People who understand values are needed more than ever before to balance the rest of society. As a school we promote a rich and varied programme of activities in sciences, the arts, sports, community service and summer camps, so that everyone can fully discover and develop their talents. However, the main thing is the integration of values in thinking, beliefs and the creation of a higher level of value consciousness. Although the path is not always easy, this inner awareness of the meaning of values unites people. Not for anything would we exchange this understanding of the power of values.



A NEW SATHYA SAI SCHOOL IN PARAGUAY

On February 23, 2024, Asuncion, the capital of Paraguay, witnessed a momentous occasion: a dream came into fruition with the inauguration of the Sai Kindergarten, '**Espacio de Desarrollo Infantil Sathya Sai – EDISS**' (Sathya Sai Child Development Space)! The opening was graced by 90 parents, guests, and both international and national authorities from the Ministry of Education, and featured a cultural showcase, including a traditional Paraguayan dance and enchanting melodies by a local singer. The 25 four-year-old children displayed enthusiasm and confidence as they greeted guests with a short song in the native Guarani Language. The event concluded with a sacred blessing by priests from the 'Heraldos de los Evangelion' (Heralds of the Gospels), and a message from the Cardinal Monsenor Adalberto Martinez. The **EDISS** aims to provide formal, high-quality free education to Paraguayan children with low resources and is operated under the guidance of the experienced educator Professor Florencia Bogado. Its primary goal is to nurture human values in each child, empowering them to apply these principles in their daily lives. Joy and hope have now spread their rays over the town of Asuncion, having welcomed its first school dedicated to Sathya Sai Education in Human Values.

Front cover: Children of the SSEHV Partnership Primary School in Latvia



The Sri Sathya Sai International Organization (SSSIO) is a spiritual and humanitarian organization active for over 50 years and in over 120 countries. The SSSIO Education Committee supports and promotes Sathya Sai Education worldwide including 39 Sathya Sai Schools, 28 Institutes of Sathya Sai Education, and programs 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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