

Sai Spiritual Education

Curriculum Syllabus -

Houston Center

Group 1

## Program Goals

*“Bal Vikas (Spiritual Education) is the primary basis of the great movement to restore righteousness (dharma) in the world .... The ideal of the Bal Vikas (program) is to raise a generation of boys and girls who have a clean and clear conscience. The actual syllabus is not so important as the creation of an atmosphere where noble habits and ideals can grow and fructify.” - Baba*

Sathya Sai Speaks Vol. 10 Chapter 33 page 207, Bal Vikas Teachers Training Camp 6/6/78

## Program Objectives

*“The primary objective of the program is to arouse the latent divine qualities within each child. In Sai Spiritual Education classes, the inner spiritual Self is awakened through the following techniques: memorizing prayers, singing devotional songs, repeating God’s name, silent sitting, listening to stories and participating in group activities. Sai Baba’s teachings show the child that his or her true Self is the Atma, the oneness existing behind all creation; thus there is a common bond uniting all people. With this realization, it is hoped that the child will grow in compassion and love towards everyone.*

*“To help children understand and revere the oneness behind all creation, they are taught to base all their actions on Truth, to respect all religions, to serve humanity, and to base their lives on the five values of Truth, Right Action, Peace, Love and Nonviolence. Sathya Sai Baba assures us that these five values are in essence inseparable and interdependent; however for the purpose of presenting them in a course of spiritual lessons, they can be focused through inquiry into the numerous aspects of and subvalues that relate to each of the five values. As a means of understanding divinity that indwells the human form and the aspects of the self that encase the spark of the divine, Sai Baba’s teachings on the five sheaths, or panchakosa, are included in the curriculum. Children are also taught the value of Sacrifice and the Ceiling on Desires program, which involves learning to use all resources wisely, to reduce waste, and to reduce one’s desires and harmful or negative emotions.”*

- excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 1 page 2

# **Group 1 Objectives**

(Ages 6 – 9)


The group 1 program aims to:

1. Develop faith in, and a relationship with, God.
2. Encourage respect for parents, teachers, others, and the environment.
3. Foster self-esteem and self-discipline.
4. Nurture truthfulness.
5. Promote the practice of placing a ceiling on desires.
6. Cultivate a spirit of loving service to self, family, school, and others.


- excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 page 5

# Group 1 Overview


## Group 1 Year 1

1 <sup>st</sup> Six weeks	Sathya (Truth)	 <p>Concrete Level with stories from Swami's Life at the beginning of each value unit <b>and</b> stories from different sources used as examples of each subvalue presented.</p>
2 <sup>nd</sup> Six weeks	Dharma (Right Action)	
3 <sup>rd</sup> Six weeks	Shanthi (Peace)	
4 <sup>th</sup> Six weeks	Prema (Love)	
5 <sup>th</sup> Six weeks	Ahimsa (Non-violence)	

## Group 1 Year 2

1 <sup>st</sup> Six weeks	Sathya (Truth)	 <p>Semi-concrete Level with stories from Swami's Life at the beginning of each value unit <b>and</b> stories from different sources used as examples of each subvalue presented.</p>
2 <sup>nd</sup> Six weeks	Dharma (Right Action)	
3 <sup>rd</sup> Six weeks	Shanthi (Peace)	
4 <sup>th</sup> Six weeks	Prema (Love)	
5 <sup>th</sup> Six weeks	Ahimsa (Non-violence)	

## Group 1 Year 3

1 <sup>st</sup> Six weeks	Sathya (Truth)	 <p>Semi-abstract Level with stories from Swami's Life at the beginning of each value unit <b>and</b> stories from different sources used as examples of each subvalue presented.</p>
2 <sup>nd</sup> Six weeks	Dharma (Right Action)	
3 <sup>rd</sup> Six weeks	Shanthi (Peace)	
4 <sup>th</sup> Six weeks	Prema (Love)	
5 <sup>th</sup> Six weeks	Ahimsa (Non-violence)	

# Group 1 Year 1 Objectives

The group 1 year 1 program aims to:

1. Develop faith in, and a relationship with, God.
2. Encourage respect for parents, teachers, others, and the environment.
3. Foster self-esteem and self-discipline.
4. Nurture truthfulness.
5. Cultivate a spirit of loving service to self, family, school, and others.

- Adapted from the excerpt from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 page 5

# **Group 1 Year 1**

1<sup>st</sup> Six Weeks

Value: Sathya (Truth)

- Week 1** Subvalue 1: **Discrimination** – *being able to distinguish right from wrong, and truth from untruth; the means by which one arrives at truth.*
- Week 2** Subvalue 2: **Justice** – *Prevalence of truth, of what is just, impartial, and fair, based on truth.*
- Week 3** Subvalue 3: **Truthfulness** – *exhibiting truth in one’s thoughts, words, and actions.*
- Week 4** Subvalue 4: **Respect** – *having esteem and reverence for self and others, based on the recognition of the truth of God in all.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Sincerity** – *behaving with purity of heart, with alignment of thought, word, and deed; following through on what you say you’re going to do.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 6-7

## **Group 1 Year 1**

2<sup>nd</sup> Six Weeks

Value: Dharma  
(Right Action)

- Week 1** Subvalue 1: **Good vs. Bad** – *doing the good and avoiding the bad.*
- Week 2** Subvalue 2: **Gratitude** – *showing deep thankfulness – for one’s parents, work, duty, circumstances.*
- Week 3** Subvalue 3: **Courtesy** – *showing respect for parents, teachers, elders, others; having excellent manners.*
- Week 4** Subvalue 4: **Cooperation** – *working together for a common purpose.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Discipline** – *behaving in accord with the principles of right action; practicing right action, self-control, self-regulation, self-reliance.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 17-18



## **Group 1 Year 1**

3<sup>rd</sup> Six Weeks

Value: Shanti (Peace)

- Week 1** Subvalue 1: **Faith** – *unwavering belief in God; both a parent and an offspring of peace.*
- Week 2** Subvalue 2: **Patience** – *equanimity in the face of delay; trust, faith, and surrender to God’s timing; bearing trials without complaint, haste or impetuosity.*
- Week 3** Subvalue 3: **Contentment** – *being happy, satisfied with all things, all circumstances, equanimous.*
- Week 4** Subvalue 4: **Harmony** – *establishing of peace and friendship within families; essential prerequisite for peace in the community and world peace.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Calmness** – *having tranquility, serenity.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 41-42

# **Group 1 Year 1**

4<sup>th</sup> Six Weeks      Value: Prema (Love)

**Week 1**    Subvalue 1:    **Friendship** – *faithful Love and kinship expressed between two persons.*

**Week 2**    Subvalue 2:    **Forgiveness** – *forgetting the harm others have done to you.*

**Week 3**    Subvalue 3:    **Sharing** – *spontaneous giving of Love.*

**Week 4**    Subvalue 4:    **Helpfulness** – *giving spontaneous aid and assistance when needed.*

**Week 5**                                    **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*

**Week 6**    Subvalue 5:    **Compassion** – *deep sympathy for the suffering of another.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 52-53

## **Group 1 Year 1**

5<sup>th</sup> Six Weeks

Value: Ahimsa  
(Non-violence)

- Week 1** Subvalue 1: **Harmlessness** – *refraining from the killing or harming of animals, as it causes suffering; refraining from the harming of others.*
- Week 2** Subvalue 2: **Consideration** – *having concern for the welfare of others; being thoughtful and sympathetic.*
- Week 3** Subvalue 3: **Respect/Reverence** – *showing consideration for Nature, the Earth, etc. – all beings and things.*
- Week 4** Subvalue 4: **Benevolence** – *wishing goodwill for all; doing good.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Spirit of Cooperation** – *willingness to work or act together, of uniting to produce an effect.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A page 65

# **Group 1 Year 2 Objectives**

The group 1 year 2 program aims to:

1. Continue the development of faith in, and a relationship with, God.
2. Continue to encourage respect for parents, teachers, others, and the environment.
3. Continue to foster self-esteem and self-discipline.
4. Continue to nurture truthfulness.
5. Continue the cultivation of a spirit of loving service to self, family, school, and others.

- Adapted from the excerpt from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 page

## **Group 1 Year 2**

1<sup>st</sup> Six Weeks Value: Sathya (Truth)

- Week 1** Subvalue 1: **Belief** – *recognition of one’s own truth.*
- Week 2** Subvalue 2: **Faith** – *having inner confidence.*
- Week 3** Subvalue 3: **Common Sense** – *acting according with one’s understanding; understanding the effects of one’s actions, of truth based on experience.*
- Week 4** Subvalue 4: **Integrity** – *living according to the laws of nature and the rules of right action.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Honesty** – *being straight forward in speech and conduct; behaving sincerely.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 6-7

## **Group 1 Year 2**

2<sup>nd</sup> Six Weeks

Value: Dharma  
(Right Action)

- Week 1** Subvalue 1: **Goodness** – *doing good, seeing good, thinking good, speaking good, keeping good company.*
- Week 2** Subvalue 2: **Charity** – *generosity or aid for students, the sick, or the poor.*
- Week 3** Subvalue 3: **Responsibility** – *carrying out one's duties and obligations according to one's age, station in life.*
- Week 4** Subvalue 4: **Perseverance** – *persisting in right action despite obstacles or difficulties.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Tolerance** – *having respect and acceptance of others and their own opinions and practices, though they may be different from one's own.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 17-18

## ***Group 1 Year 2***

3<sup>rd</sup> Six Weeks                  Value: Shanti (Peace)

- Week 1**    Subvalue 1:    **Happiness** – *the result of the destruction or satisfaction of all mental or physical desire.*
- Week 2**    Subvalue 2:    **Virtue** – *qualities of goodness that foster peace.*
- Week 3**    Subvalue 3:    **Intelligence** – *a result of developing peace, along with sharpness of mind.*
- Week 4**    Subvalue 4:    **Joy** – *along with peace, a result of faith and sacrifice of sensory-oriented pursuits.*
- Week 5**                                  **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6**    Subvalue 5:    **Surrender** – *leaving everything to God’s will; total dependence on God.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 41-42

## **Group 1 Year 2**

4<sup>th</sup> Six Weeks      Value: Prema (Love)

**Week 1**    Subvalue 1:    **Acceptance** – *having the courage and faith that whatever happens is for the best and is God’s will.*

**Week 2**    Subvalue 2:    **Reverence** – *having Love and respect for all beings, including nature.*

**Week 3**    Subvalue 3:    **Brotherliness** – *recognizing all as One; unity in diversity.*

**Week 4**    Subvalue 4:    **Sympathy** – *being able to respond with warmth and care to the feelings and situations of others.*

**Week 5**                                      **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*

**Week 6**    Subvalue 5:    **Service** – *expressing Love in selfless action; helping others.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 52-53



## **Group 1 Year 2**

5<sup>th</sup> Six Weeks

Value: Ahimsa  
(Non-violence)

- Week 1** Subvalue 1: **Conscientiousness/Discrimination** – *weighing the possible harmful consequences of one's words, actions.*
- Week 2** Subvalue 2: **Forbearance** – *self-restraint; refraining from doing harm or engaging in harmful thoughts, emotions, actions.*
- Week 3** Subvalue 3: **Ceiling on Desires** – *respecting and conserving resources; refraining from harmful emotions.*
- Week 4** Subvalue 4: **Tolerance** – *exhibiting brotherliness despite differences, through an understanding of the underlying Divine unity.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Universal Love** – *embracing all humanity and creation.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A page 65

# Group 1 Year 3 Objectives

The group 1 year 3 program aims to:

1. Continue the development of faith in, and a relationship with, God.
2. Continue to encourage respect for parents, teachers, others, and the environment.
3. Continue to foster self-esteem and self-discipline.
4. Continue to nurture truthfulness.
5. Continue the cultivation of a spirit of loving service to self, family, school, and others.

- Adapted from the excerpt from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 page

## **Group 1 Year 3**

1<sup>st</sup> Six Weeks      Value: Sathya (Truth)

- Week 1**    Subvalue 1:    **Quest for Truth** – *spirit of inquiring as to the true nature of things.*
- Week 2**    Subvalue 2:    **Spirit of Inquiry/Self-Inquiry** – *willingness to inquire as to one’s true nature; searching or reflecting on one’s truth.*
- Week 3**    Subvalue 3:    **Knowledge/Self Knowledge** – *awareness of the oneness of creation; knowing one’s Divinity.*
- Week 4**    Subvalue 4:    **Self-Confidence** – *the knowledge of inner truth, of who you really are.*
- Week 5**                                **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6**    Subvalue 5:    **Wisdom** – *knowledge of truth based on experience.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 6-7

## **Group 1 Year 3**

2<sup>nd</sup> Six Weeks

Value: Dharma  
(Right Action)

- Week 1** Subvalue 1: **Duty** – *acting in accordance with one’s position, age, profession, situation or by law.*
- Week 2** Subvalue 2: **Humility** – *being humble; showing lack of egoism or self-importance.*
- Week 3** Subvalue 3: **Morality** – *conforming to right or wrong conduct; conducting oneself with moral quality.*
- Week 4** Subvalue 4: **Forbearance** – *patiently refraining from wrongdoing; practicing self-control.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Willpower vs. Desire** – *having the resolve or strength of will to do what is right; having the power to carry out one’s convictions and to engage in self-control and discipline.*

- Value definitions were excerpted from Sai Spiritual Education Teacher’s Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 17-18

## **Group 1 Year 3**

3<sup>rd</sup> Six Weeks

Value: Shanti (Peace)

- Week 1** Subvalue 1: **Detachment** – *having mastery of senses and passions; freedom from bondage to desires.*
- Week 2** Subvalue 2: **Equanimity** – *being able to bear success and defeat equally, equal-mindedness.*
- Week 3** Subvalue 3: **Fairness** – *promotes peace and harmony in daily life and in the world.*
- Week 4** Subvalue 4: **Serenity** – *deep inner peace and calm, no matter what the level of outer activity or change.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Tranquility** – *abiding inner and outer peace; stillness, silence and equanimity.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 41-42

## **Group 1 Year 3**

4<sup>th</sup> Six Weeks Value: Prema (Love)

- Week 1** Subvalue 1: **Sweetness** – *the quality of Love that manifests in humans through suffering and the sacrifice of self-interest and ego.*
- Week 2** Subvalue 2: **Tolerance** – *loving acceptance of others' 'differences,' based on recognition of the Divine in all.*
- Week 3** Subvalue 3: **Beauty** – *Godliness; inner beauty; the absence of ugliness within.*
- Week 4** Subvalue 4: **Loyalty** – *true and faithful love.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Trust** – *results from faith in, love for, and devotion to God.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A pages 52-53

## **Group 1 Year 3**

5<sup>th</sup> Six Weeks

Value: Ahimsa  
(Non-violence)

- Week 1** Subvalue 1: **Conscientiousness/Discrimination** – *weighing the possible harmful consequences of one's words, actions.*
- Week 2** Subvalue 2: **Harmlessness** – *refraining from the killing or harming of animals, as it causes suffering; refraining from the harming of others.*
- Week 3** Subvalue 3: **Spirit of Cooperation** – *willingness to work or act together, of uniting to produce an effect.*
- Week 4** Subvalue 4: **Universal Love** – *embracing all humanity and creation.*
- Week 5** **Parent Group** – *Parents tell real life stories of 1) how subvalues presented in this six weeks helped them or 2) consequences of not following the subvalues presented.*
- Week 6** Subvalue 5: **Unconditional Love** – *nonjudgmental, all-accepting, all-forgiving Love; realization of Oneness.*

- Value definitions were excerpted from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 3 – A page 65