

Sai Spiritual Education

Curriculum Syllabus -

Houston Center

Group 2

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.- add to Group 3 year 1 objectives”***

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

Group 2 Objectives

(Grades 4, 5, and 6)

The group 2 program aims to:

1. Foster the understanding of Divinity in all.
2. Develop the faculty of discrimination.
3. Promote the practice of placing a ceiling on desires
4. Impart noble ideals.
5. Foster understanding of the Unity of Faiths.
6. Encourage the practice of selflessness.
7. Participate in community service.

- Adapted from an excerpt from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 pages 5-6

Group 2 Overview

Group 2 Year 1

1 st Six weeks	Self
2 nd Six weeks	Family
3 rd Six weeks	Community
4 th Six weeks	Nation
5 th Six weeks	Creation

Focus on individual behavior and the effect on the internal and external environments with the integration of the five values and an emphasis on seva and our role as a world citizen.

Group 2 Year 2

1 st Six weeks	Western Religions
2 nd Six weeks	Western Religions
3 rd Six weeks	Eastern Religions
4 th Six weeks	Eastern Religions
5 th Six weeks	Comparing Religion Similarities

General overview of each of the six major world religions with an emphasis on similarities and the integration of the five values between and across religions.

Group 2 Year 3 *(Replace with WATCH program)*

1st Six weeks	Love
2nd Six weeks	Truth
3rd Six weeks	Right Action
4th Six weeks	Peace
5th Six weeks	Non-violence

~~Focus on self-assessment with daily life applications through the five human values and an emphasis on the positive effects of the subvalues presented~~

Group 2 Year 1 Objectives

The group 2 Year 1 program aims to:

1. Foster the understanding of Divinity in all.
2. Improve the development of the faculty of discrimination.
3. Promote the practice of placing a ceiling on desires
4. Impart noble ideals.
5. Emphasize the practice of selflessness.
6. Become productive members of society who live righteously as law-abiding Citizens.
7. Participate in community service.

- Adapted from an excerpt from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 pages 5-6

Group 2 Year 1

1st Six Weeks

Value: Self

Week 1

Self and Spirituality – *What is meant by faith in oneself? What is self-confidence? How do they affect our spirituality? Can they be acquired or are they already a part of you waiting to be discovered? How can we live our lives so that we can increase our own self-faith and self-confidence? Focus on individual uniqueness and spiritual potential.*

Week 2

Self-Esteem – *What is self-esteem? Why is it important? What is self-acceptance? How does it relate to self-esteem? How do we increase our self-esteem? Focus on believing in one's self, keeping one's self in high regard and appreciating one's worth.*

Week 3

Optimism – *What is optimism? Why is it important? How does it affect our spirituality? Focus on the ability to control our attitudes, the inability to control circumstances in our life and how to make each situation an opportunity to grow personally.*

Week 4

Self-Discipline – *What is self-discipline? Why is it important? How does it help us to make better choices in life? What are the four areas we should practice self-discipline? (physical, mental, spiritual, and emotional)*

Week 5

Parent Group – *Parents will be responsible for arranging a field trip to the Mission of Yahweh. Parents will also lead a discussion as to what the students learned and what they themselves learned.*

Week 6

Setting Goals – *What is a goal? What is meant by setting goals? Why is setting goals important? What are the two types of goals? (long-term, short-term). What is the key to achieving goals? (careful planning, consistent effort) Focus on evaluation of individual goals for realistic attainability and consistency with student needs and wants.*

Group 2 Year 1

2nd Six Weeks

Value: Family

Week 1

What Is A Family? – *What is a family? Why is it important? Focus on family as a starting place for learning values and the need to work together harmoniously to achieve common goals.*

Week 2

Honoring Parents – *What is meant by honoring parents? Why are parents important? What roles do they play in our life? Why do they do the things they do? (family rules, discipline, work, etc.) How can we become better family members and strengthen our relationship with them?*

Week 3

Responsibility and Dependability – *What does responsibility mean? What does dependability mean? Why are each so important? Focus on family is the starting point of world citizenship and the importance of cooperation in planning and performing family duties. How can we become a more responsible and dependable family member?*

Week 4

Service in the Family – *What is service in the? How is it different from duty in the family (duty is something you are responsible for where service is doing something beyond your duty.) Why is it more important to do service in the family first before doing service outside the home? Why is it more difficult to serve at home than in the community?*

Week 5

Parent Group – *Parents will be responsible for leading a discussion or talk on the effect of a dysfunctional family, focusing on what a dysfunctional family is, how it adversely affects a child spiritually, mentally, emotionally and physically, and how students can help prevent such behaviors at home. Parents will also be*

responsible for arranging a field trip to CPS service project. Parents will also lead a discussion as to what the students observed and what they themselves observed.

Week 6

Managing Money – *What is money? How is it used? What is managing money? Will having more money solve problems in daily life or is managing the amount of money you have be a more effective solution? How can we manage our money in daily life?*

Group 2 Year 1

3rd Six Weeks

Value: Community

Week 1

Types of Relationships – *What are the different types of relationships a child encounters in its life? (parent/child, teacher/student, brother/sister, friend, etc.) What kind of effect does each have on him/her? (role models) How do these shape his/her character and personality?*

Week 2

Friendship – *What is friendship? How do we make and become a good friend? What are some qualities we look for in a friend? What is the bond between friends? (love and kinship). Focus on God is our best friend. What is a super friend? What are the qualities make up a super friend?*

Week 3

Problem Solving – *What are some reasons why friends have problems? What are some ways to resolve them? (apologies, talking it over, etc) Is it alright to disagree? What does the phrase “speak obligingly even if you can not oblige” mean?*

Week 4

Labeling – *What is a label? What are some labels you know of? How does labeling harm another person? How do we respond to what is expected? How can we keep from labeling another person or a group of people?*

Week 5

Parent Group – *Parents will be responsible for arranging a field trip to an old age home or nursing home. Parents will help students make friends with the residents and discuss afterwards how it helped them and cheered them up.*

Week 6

Service – *What is service in friendship? Focus on everyone is part of a community and that sharing your goodness with those around you is an essential part of spirituality. Also focus on the effect of sharing your goodness on the community.*

Group 2 Year 1

4th Six Weeks

Value: Nation

Week 1

Introduction – *Discuss the culture of the students in the class. Discuss the culture of the United States. Compare similarities between all the cultures. Discuss the importance of love for one's country and having a desire to contribute to the well being of society.*

Week 2

Indian Leaders – Biographies – *Where is India? What its national anthem? What are some Indian leaders? Students will choose an Indian leader, do a book report and report in class on his/her biography.*

Week 3

U.S. Leaders – Biographies – *Where is the United States? What its national anthem? What are some U.S. leaders? Students will choose an American leader, do a book report and report in class on his/her biography.*

Week 4

Mexican and South American Leaders – Biographies – *Where is Mexico? What its national anthem? Where is South America? What are some Mexican and South American leaders? Students will choose an Mexican or South American leader, do a book report and report in class on his/her biography.*

Week 5

Parent Group –

Week 6

Comparison of National Leaders – *What are some qualities that helped the leaders become leaders? (Persistence, determination, self-confidence, perseverance) Do the students think they have any of those qualities? Do the students think that they could be a leader? If not, how can they strive towards acquiring the qualities?*

Group 2 Year 1

5th Six Weeks

Value: Creation

Week 1

Lessons from Nature – *Discuss how everything in life is a teacher. Some lessons teach us what to do and others teach us what not to do. Discuss the Selfless tree. Have students give examples of how nature teaches us lessons. (e.g. rain – enough of it is good for the land and the people, too much causes floods and not enough causes droughts – lesson: moderation is good and essential.)*

Week 2

Nature – *Discuss the symbolic relationship of man, animal and plants. Discuss how each has a role to play and must be respected. Discuss what happens when man does not respect the roles and the tragic consequences (extinction of animals and plant life)*

Week 3

Man's Effect on Nature – *How does man treat nature? What kind of damage has man been doing to the environment? (oil spills, acid rain, etc)*

Week 4

Counteracting Man's Adverse Effects – *What are some ways in which we can counteract the negative effects on nature? (recycling, prevention, etc.) What does the phrase "Think Globally, Act Locally" mean? How can we do put it into practice?*

Week 5

Parent Group – *Parents will be responsible for arranging a service project such as a bayou clean up, garage sale, recycling project, tree planting, etc. Parents will also discuss afterwards how the seva helped nature and what the student felt or thought about the activity.*

Week 6

Creation – *Discuss how all of God’s creatures have a role to play. Discuss the importance of “Thinking Globally and acting locally.” Discuss how everything is connected (Circle of life) and how we can have a positive effect on our environment through good deeds, good vibrations, good thoughts, etc.*

Group 2 Year 2 Objectives

The group 2 Year 2 program aims to:

1. Foster the understanding of Divinity in all.
2. Impart noble ideals.
3. Foster understanding of the Unity of Faiths.
4. Participate in community service.

- Adapted from an excerpt from Sai Spiritual Education Teacher's Manual, Sathya Sai Baba Central Council of the United States of America, Part 2 pages 5-6

Group 2 Year 2

1st Six Weeks

Value: Western Religions

Week 1

Islam - Introduction – *What is Islam? What is the symbol and its meaning, language, holy scriptures, prayers, geographic areas for Islam? Overview of Mohammed's life.*

Week 2

Islam - Teachings of Mohammed – *Overview and discussion of some major teachings of Islam. Emphasis on human values, service, etc. and a comparison with Swami's teachings.*

Week 3

Islam - Festivals and Holy Places – *Overview and explanation of the different festivals of Islam like Ramadan and Eid. Significance of religious places like Mecca and Medina and the importance of the Hajj.*

Week 4

Christianity - Introduction – *What is Christianity? What is the symbol and its meaning, language, holy scriptures, prayers, geographic areas for Christianity? Overview of Jesus' life.*

Week 5

Parent Group – *Parents will be responsible for arranging either a guest speaker for the religion of Islam, a celebration of an Islamic festival, or a field trip to a mosque. Parents will also lead a discussion as to what the students learned and what they themselves learned.*

Week 6

Christianity - Teachings of Jesus – *Overview and discussion of some major teachings through parables of Christ. Discussion on method of teaching through parables and comparison with Swami's method of teaching. Emphasis on human values, service, etc.*

Group 2 Year 2

2nd Six Weeks

Value: Western Religions

Week 1

Christianity - Festivals and Holy Places –
Overview and explanation of the different festivals of Christianity like Christmas and Easter. Significance of religious places like Bethlehem and Jerusalem and the importance of the Crucifixion and Resurrection.

Week 2

Judaism - Introduction – *What is Judaism? What is the symbol and its meaning, language, holy scriptures, prayers, geographic areas for Judaism? Story of Moses.*

Week 3

Judaism - Teachings *Overview and discussion of some major teachings of Judaism. Discussion on the importance of the 10 commandments and comparison with Swami's teachings. Emphasis on human values, service, etc.*

Week 4

Judaism - Festivals and Holy Places –
Overview and explanation of the different festivals of Judaism like Passover, Yom Kippur, and Chanukah. Significance of religious places like Jerusalem.

Week 5

Parent Group – *Parents will be responsible for arranging either guest speakers for the religions of Christianity **and** Judaism, a celebration of a Christian festival **and** a Jewish festival, or a field trip to a Church **and/or** a synagogue. Parents will also lead a discussion as to what the students learned and what they themselves learned.*

Week 6

5 Values and Similarities between Western Religions– *For each value, compare the **similarities** of the religious **teachings** of all three western religions.*

Group 2 Year 2

3rd Six Weeks

Value: Eastern Religions

Week 1

Swami and Western Religions – *What does Swami say about each religion? Comparison of **similarities** between Swami's teaching and the teachings of the Western religions.*

Week 2

Zoroastrianism - Introduction – *What is Zoroastrianism? What is the symbol and its meaning, language, holy scriptures, prayers, geographic areas for Zoroastrianism? Overview of Zoroaster's life.*

Week 3

Zoroastrianism - Teachings of Zoroaster – *Overview and discussion of some major teachings of Zoroaster. Emphasis on human values, service, etc.*

Week 4

Zoroastrianism - Festivals and Holy Places – *Overview and explanation of the different festivals of Zoroastrianism. Significance of religious places.*

Week 5

Parent Group – *Parents will be responsible for arranging either a guest speaker for the religion of Zoroastrianism, a celebration of an Zoroastrian festival, or a field trip to a fire temple. Parents will also lead a discussion as to what the students learned and what they themselves learned.*

Week 6

Buddhism – Introduction – *What is Buddhism? What is the symbol and its meaning, language, holy scriptures, prayers, geographic areas for Buddhism? Overview of Buddha's life.*

Group 2 Year 2

4th Six Weeks

Value: Eastern Religions

Week 1

Buddhism – Teachings of Buddha – *Overview and discussion of some major teachings of Buddha and the middle path. Emphasis on human values, service, etc.*

Week 2

Buddhism – Festivals and Holy Places – *Overview and explanation of the different festivals of Buddhism. Significance of religious places.*

Week 3

Hinduism - Introduction – *What is Hinduism? What is the symbol and its meaning, language, holy scriptures, prayers, geographic areas for Hinduism? Overview of the main trinity and consorts and the significance of each.*

Week 4

Hinduism – Sarva Dharma Teachings – *What is Sarva Dharma? What are some of the major tenants of Sarva Dharma? Why does Swami emphasize Sarva Dharma?*

Week 5

Parent Group – *Parents will be responsible for arranging either a guest speaker for the religion of Buddhism, a celebration of an Buddhist festival, or a field trip to a Buddhist temple. Parents will also lead a discussion as to what the students learned and what they themselves learned.*

Week 6

Hinduism - Festivals and Holy Places –

Overview and explanation of the major festivals of Hinduism like Mahashivaratri, Deepavali, Krishna Jayanti, Navaratri, Dasara, etc..
Significance of religious places like Varanasi, Hrishikesh, Haridwar, Tirupathi, etc..

Group 2 Year 2

5th Six Weeks

Value: Comparing
Similarities

Week 1

5 Values and Similarities between Eastern Religions – *For each value, compare the **similarities** of the religious **teachings** of all three eastern religions.*

Week 2

Swami and Eastern Religions – *What does Swami say about each religion? Comparison of **similarities** between Swami's teaching and the teachings of the Eastern religions.*

Week 3

Similarities between Western and Eastern Religions – *Comparison of similarities between eastern and western teaching along the lines of the values of Truth and Right Action.*

Week 4

Similarities between Western and Eastern Religions – *Comparison of similarities between eastern and western teaching along the lines of the values of Peace and Love.*

Week 5

Parent Group – *Parents will be responsible for arranging either a guest speaker for the religion of Hinduism, a celebration of a Hindu festival, or a field trip to a Hindu temple. Parents will also lead a discussion as to what the students learned and what they themselves learned.*

Week 6

Similarities between Western and Eastern Religions – *Comparison of similarities between eastern and western teaching along the lines of the values of Non-violence and Swami's views on eastern and western religions.*

Group 2 Year 3 Objectives

Objectives and Lesson Plans to be gotten from

- WATCH PROGRAM to be gotten from – Sridhar Krishnamurthy
- WORLD RELIGION (GROUP 2 YEAR 2) to be gotten from- Sridhar, Anupama Mullangi and Vasudha Nagargar