EDUCATION TODAY

Sathya Sai Education in Human Values

NEWSLETTER

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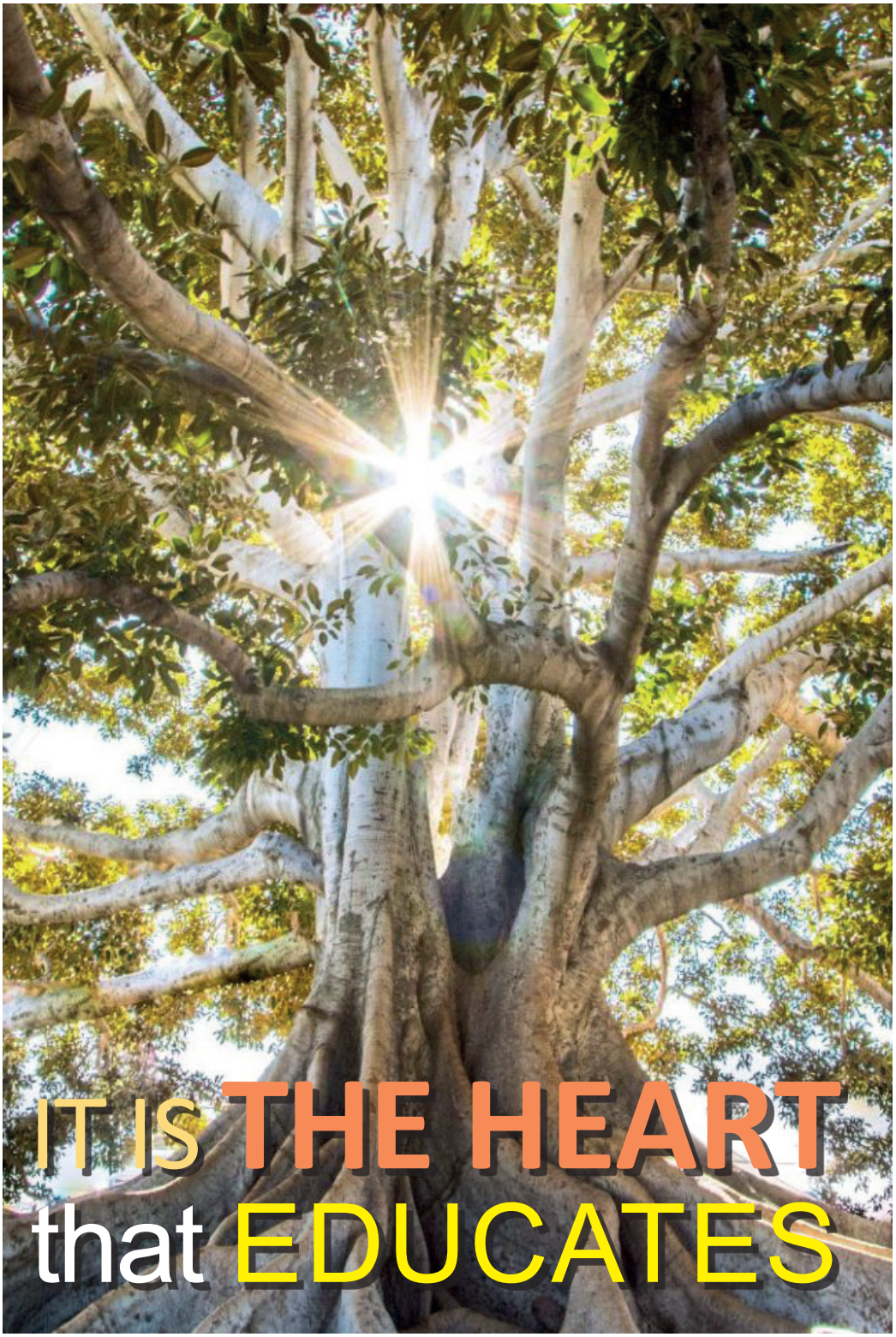
SSEHV: An Approach that Naturally Transforms Teaching



HIGHLIGHTS

MY BETTER WORLD

Meaning & PURPOSE

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TIPS for TEACHERS

Peace Friends

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"Human values... are hidden in every human being. One cannot acquire them from outside; they have to be elicited from within."

Sathya Sai, 1993

EDITORIAL

SSEHV: An Approach that Naturally Transforms Teaching

When a teacher acts from the heart, they ignite truth in others. In ***Education and the Significance of Life,*** J. Krishnamurti writes:*"An educator is not merely a giver of information; he is one who points the way to wisdom, to truth."* Education is therefore not only the transmission of knowledge but the process through which students discover their own path and goal: the meaning of the journey that begins at birth. As the book reminds us: *"The truth is far more important than the teacher."* Truth transcends its pointer: the teacher's task is fulfilled only when the student begins to walk the path independently. Paraphrasing Sathya Sai, ***it is the goal—(the Guri) not the guide (the Guru)***—that awakens the desire to reach it.

These reflections illuminate the teacher's role within an integral educational path, one that includes both the development of skills and the search for life's meaning. Beyond offering knowledge, the teacher provides tools, direction, and inspiration. The student must then absorb, reflect, and cultivate their own vision, pursuing it with integrity and inner steadiness. Living one's life is a personal responsibility, yet the teacher can show signposts and help cultivate the values intrinsic to human beings—values that accompany us throughout life.

Introducing students to the great themes of ***Truth, Righteousness, Peace, Love,*** and ***Nonviolence***—pillars of the Sathya Sai Education in Human Values Programme (SSEHV)—rests on this search for Truth with a capital T. It is the Truth behind the fundamental questions: Who am I? Where do I come from? Where am I going? In youth education, this becomes the practical and existential question: What do I want to do with my life?

SSEHV aims to educate children through a path that goes beyond knowledge alone. It proposes a new formulation of educational competencies, understood as attitudes and talents rooted in inner qualities. Deepening Human Values means nurturing emotional well-being, socio-affective skills, mindfulness, emotional self-regulation, and a healthy relational climate. These seeds accompany students into family and society, continuing to grow over time.

Teachers who choose a value-based path perform an extraordinary act: they place their own inner growth first. To guide and inspire young people, they must have walked at least part of the same path.

Those who cultivate human values begin to see them everywhere—in experiences, relationships, challenges. In this sense, the method offers clear direction, but leaves enough freedom for creativity, adaptation, and growth. It is not another curriculum to memorize; it is an approach that naturally transforms teaching. Every school subject can become a value-based theme for those who have eyes capable of seeing.

Krishnamurti adds: *"To seek it (truth) is religion... To create a new society, each one of us must be a true teacher; we must educate ourselves".*

All of us—educators, parents, grandparents—are called to turn inward, to awaken the need for meaning and purpose that lives within every human being. Only then do Values become alive and shared. Only then does education return to being an act of love. And only then can the community generate a true shift in collective consciousness.

Considering the growing challenges in society—youth distress, relational difficulties, declining motivation, school dropout, aggressive behaviors, emotional fragility—educating in Human Values becomes a global and urgent priority. These phenomena arise partly from social factors but above all from the absence of authentic role models: awakened parents and enlightened teachers.

To know 'the Truth'—not as 'mine' or 'yours,' but as something greater—and to recognize that its essence lives within us awakens in young people not just surface-level self-confidence, but a profound trust in their higher Self. Trusting a higher potential strengthens character, helps them find their place in life, frees creativity, and activates the connection with the Heart.

And it is—indeed—the Heart that educates.

Suzanne Palermo
Member of the EC Editorial Committee

ENHANCING TEACHER WELLBEING - Tips for Teachers

The Editorial in this issue emphasises the importance of all of us turning inward, to awaken our need for meaning and purpose and that teachers who start the SSEHV journey with their own inner growth, nurturing their own resilience and emotional wellbeing, are able to act from the heart.

This was supported by a research study with 91 primary school teachers (Taplin, M. and Lingli, L. (2022). 'Teachers' Perceptions of Silent Sitting as a Buffer to Their Problems', in Parahakaran, S. (Ed.), A Human Values Pathway for Teachers: Developing Silent Sitting and Mindful Practices in Education. UK: Springer, pp.125-150). While teaching has the capacity to be joyful, fulfilling and inspirational, unfortunately these days too many teachers are finding it to be a path of thorns because of the many pressures they face.

A teacher who is exhausted and suffering from stress cannot be happy or fulfilled, and has little to give to students, colleagues or anyone else. On the other hand, many of the teachers surveyed in this study were applying SSEHV strategies in their own lives and reporting positive effects on their wellbeing. They described being able to cope better with student behaviour, excessive workloads, exhaustion, feeling angry, doubting their sense of mission, and their personal health. They attributed this improvement to the SSEHV strategies they had adopted. Two possible explanations emerged: that the use of the strategies changed children's behaviours, which in turn changed the teachers' coping, and that the strategies empowered the teachers to look at their problems differently.

With this in mind, the ISSE of Australia has launched a tool to support teachers to look inward, to re-connect their hearts and enhance their personal and professional wellbeing through adopting simple SSEHV strategies. The tool is available through Facebook.

The purpose is to give teachers hope by sharing some audio recordings of other teachers' tips about SSEHV strategies that have helped them to get themselves out of the thorns, with benefits for their own wellbeing as well as for their interactions with their students, their colleagues and their families.

It starts with teachers sharing stories about challenges they encountered and steps they took to overcome them.* Each story is followed by a short strategy for the listeners to try. The strategies include silent sitting, visualisations, breathing exercises and positive affirmations, each one designed specifically to promote one or more of the inner human values of Truth, Right Action, Peace, Love and Nonviolence in practical ways.

The Topics Include

- Loving Unlikeable Students
- Coping with Neuro-Diverse Students
- Never Enough Time
- Finding the Heart Connection
- Inner Peace: Creating Calmness and Quiet
- Mental Toughness and Emotional Resilience
- Tuning Into Your Inner Wisdom
- Coping With Unsupportive Colleagues

These strategies don't cut into a busy teacher's day. We know that teachers have little time even for their own wellbeing, so we have deliberately suggested strategies that can be implemented in two or three spare minutes before they go into the classroom or whenever the need arises. Some of them are suitable for teachers and students to do together in the classroom once the teachers have recognised their value for themselves.

We hope that spending a short amount of time on one or more of these strategies whenever the need arises will make a difference for teachers; that it will give them a glimpse of the power of SSEHV to bring about inner transformation and enable them, as the Editorial suggests, to bring the values to life so they can share them well. We welcome teachers to share their stories about how their practice of the human values has helped to promote their personal and professional wellbeing.

Enhancing Teacher Wellbeing can be accessed on Facebook at: https://www.facebook.com/share/18B7SRQJNe/

For further information or if you would like to share a story about your practise of human values, please contact info@issea.org.au

* *We acknowledge the contribution of the ISSE of* ***Hong Kong, whose funding of SSEHV teacher-training programmes enabled many of these teachers' stories to be collected.***

MY BETTER WORLD

In my better world everybody is equal
In my better world food is plentiful
In my better world there is no pollution
In my better world ugly things turn beautiful
In my better world there is no bloodshed
In my better world money is worthless
In my better world countries connect with no boundaries
In my better world there is one unified language
In my better world no animals are extinct
In my better world kindness and equality are practiced
In my better world nothing is wasted
In my better world there are no internet dangers
In my better world freed men and women rule themselves
In my better world everyone votes for lifechanging issues
In my better world there is winning or losing
In my better world there is no discrimination
This is my better world
Your better world is yours

Keval – 4th Grade SSEHV Partnership School-USA

Vision without action is a dream.
Action without vision is a nightmare.
Vision and Action can change the world.

Sathya Sai

PEACE FRIENDS - An Intergenerational Human Values Project

The ***Peace Friends*** project engages children and adults in a symbolic intergenerational peace walk. Participants are invited to identify and share the human value and personal quality they consider most important. They express this on a small character they create, which then "joins the walk" as part of the Peace Friends path.

This simple activity fosters introspection, creativity, joy and a sense of shared purpose.

Human Values form the essential guidance that parents and teachers offer. By embodying patience, kindness, and respect, adults become exemplars. When children acknowledge their inherent presence, universal to all people, human values become an inner compass, supporting their growth, inspiring transformation, and nurturing stability and harmony within. In this way, ***Peace Friends*** becomes more than a project: it encourages each person to "walk their talk", cultivating deeper meaning and a sense of purpose by remaining steady and in tune with one's intrinsic goodness. In today's world, what else is needed? Light. Unity. Brotherhood. Love. https://www.youtube.com/watch?v=NbbJDaDJ9h0

The Sri Sathya Sai International Organization (SSSIO) is a spiritual and humanitarian organization active for over 50 years and in over 110 countries. The SSSIO Education Committee supports and promotes Sathya Sai Education worldwide including 39 Sathya Sai Schools, 30 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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