

BALVIKAS WORKSHEET

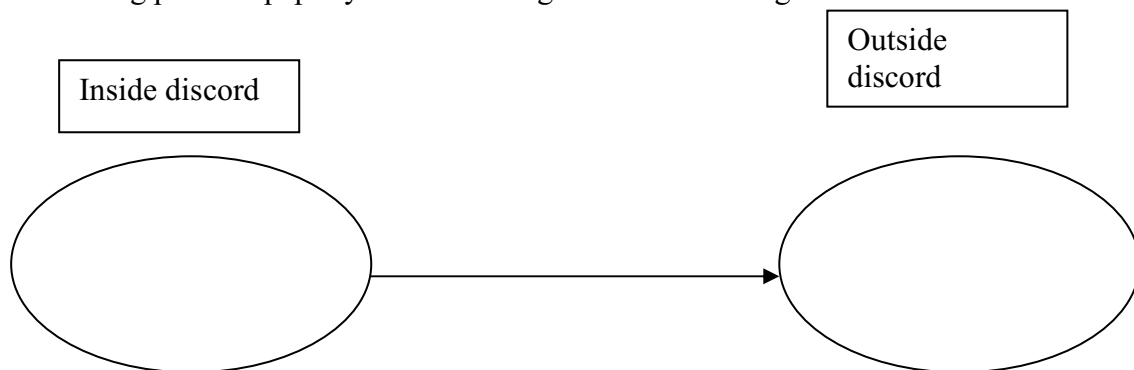
HUMAN VALUES:PEACE

Aims and Objectives

1. To understand that peace outside of us in terms of not arguing, not fighting, not becoming restless can come only if we first have peace on the inside.
2. To understand peace on the inside. This has to do with not having a mind full of thoughts or a monkey mind. A monkey mind comes from having ego(thinking that **I** am something or not understanding that you are and everything else is God) and our desires (wanting things all the time). We can only find true peace by surrendering to God.

Activity 1

On the big piece of paper you have been given draw the diagram below:



Write the following words in the circle with that heading:

Inside discord: frustrated, bitter, jealous, angry, irritated, fed up, unsatisfied as you want things all the time

Outside discord: war, fighting, nasty speech, noise and shouting, hate

In your teams discuss why you think that those factors you have put in the inside discord circle lead to the things that you have written in the outside discord circle. Once you have decided why write your reason above the arrow.

Activity 2

Baba has said if you want peace you must give up the ego and your desires.

Team 1 – on another piece of paper write down what you think ego is. You can do this in the form of a brainstorm.

Team 2 – on another piece of paper write down what you think desires are. You can do this in the form of a brainstorm.

Once both teams have finished I will present your work to everyone else.

Bonus question: Both teams must now discuss why they think ego and desires lead to lack of peace.

Activity 3

Song- this song shows that if we surrender to God, and give up the idea of ego or self, and we chant God's name we can have peace

We surrender we surrender to love
We surrender we surrender to love
We surrender we surrender to love

Aum Namah Shivay Aum Namah Shivay Aum Namah Shivaya namah aum
Aum Namah Shivay Aum Namah Shivay Aum Namah Shivaya namah aum

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