



You are seeking joy and peace in far-off places. But the spring of joy is in your heart. The haven of peace is in yourself.

- Sri Sathya Sai Baba

ACTIVITY 1: READ THE ARTICLE

https://media.radiosai.org/journals/vol_15/01SEP17/Be-Happy-Always.htm

ACTIVITY 2: READ THE POEM

At the Core of Every Heart

Many actions with the least of any real intention,
Do we do as we sail through life,
Yes the pleasant ones spring forth joy
And the unpleasant ones sting deep within.

Isn't life only about living happily?
We affect others and many times - ourselves,
Who and what can really affect our being?
When we just decide to **be happy!**

In a painting that portrays life,
There are strokes feeble and bold,
The artist knows when to give a deep stroke
And when to add a tinge of gold!

Friendship is a twin to understanding,
And a **smile** is the most efficient bridge,
Forbearance and **forgiveness** are the foundation,
Happiness, love and **joy** truly a life enrich.

At the core of every heart,
Shines a vibrant orb of goodness,
To manifest it and live in its graciousness,
Is to truly indeed live!

- Radio Sai Team

[Ref] http://media.radiosai.org/journals/vol_12/01JUN14/Where-is-happiness-video-by-Aykyaksh.htm