

W E L C O M E T O H U M A N V A L U E S

NEWSLETTER NO. 1 - DECEMBER 2012

Human Values

"The end of Education is Character" – Sathya Sai



"Teachers can be a living example to their students. Not that teachers should look for students to idealize them. One who is worth idealizing does not care whether others idealize them or not. Everyone needs to see that you not only teach human values but you live them. It is unavoidable sometimes you will be idealized – it is better for children to have a role model, or goal, because then the worshipful quality in them can dawn."

– Sri Ravi Shankar

This Newsletter celebrates a variety of inspirational SSEHV events, irrespective of whether or not they have been initiated, funded or otherwise supported by BISSE Ltd.

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THE HAPPENINGS - 2012

HV training week in East Sussex in August 2012

The HV six-day training course was held again this August with people attending from Canada, Ireland, Nigeria, Norway and Poland as well as the UK. As usual, it was a packed week, with a lot of hard work and much fun.

It culminated with a two-hour test paper in order for BISSE to give a Certificate. We are pleased to say everyone passed the 70% required. Fr. Charles from Nigeria gained a Distinction pass. He is only the third person to do so since we started these courses some decade or so ago.

Feedback was as follows:

“Thank you for being such an inspiring team with in-depth knowledge, insight and experiences about SSEHV and Sathya Sai’s teachings.”

“An incredibly rewarding week full of surprises of the best kind!! Resourceful new friends, constructive activities, excellent home cooking and a beautiful country venue – as building blocks helping to support the main feature: the pursuit of sustainable wisdom.”

“Thank you so much for a wonderful spiritual week. I feel so much more at one with myself. I have learnt so much and gained so much confidence.”

A New Start in Wales

We are happy to be able to tell you that Zita Starkie is back teaching values in three of the schools she introduced it to in Wales some years ago. Needless to say they are all delighted to have her back.

Minibus for the Good Values Club in Leicester

The Good Values Club at Abbey Community School in Leicester is a contributing factor to the ever-rising academic results of the school. But the Club does much more than that.

The Values Programme permeates the whole school. These well-behaved and helpful children do a lot of work in the community too. Some of which we will be reporting in future newsletters.



For the moment, we are happy to announce that BISSE Ltd. has been able to pass on a donation from Mrs. Ghislaine Barratt in memory of her husband, Roy, to enable The Good Values Club to buy a 17-seater minibus, which the children are very happy about. This generous gesture by Mrs. Barratt is a good example to the children of love and right conduct.

On Monday, September 17th, 2012, the children travelled on their new bus to the Houses of Parliament in London to meet with the MPs. The children lobbied against the closure of the Children's Heart Ward in their local hospital.





HV School in Nigeria

HV School Opens in Nigeria, West Africa

Father Charles Ogada, author of the book 'The I am Principle' is founding a new EHV Primary school in Nigeria called *The Embodiments of Love Academy – TELA*. The school was opened by October 1st, 2012, starting with three classes and ninety pupils.

Fr. Charles is also building a children's home – Heart of Love Children's Home, which will initially house eighteen orphans.

Tips on conducting Silent Sitting Meditation

An SSEHV teacher called Jane Tove from Norway narrated an experience she had when delivering an SSEHV lesson and requested some advice on how to approach youngsters when delivering the Silent Sitting component.

Jane wrote:

Inspired by our course and EHV, I used Silent Sitting on one group of youngsters, and they found it scary to be quiet for more than 2 mins! I was devastated! They were not used to be silent and think. My plan was to use the five teaching components for every lesson and started off happily and positive, just to find out to sit still in silence is a problem.... Help! What do we teach these youngsters? I have to rethink how to approach EHV - any suggestions?

Sarah Banfield replied:

It's really nice to see that you made the step to share EHV with the youth as I feel that it is something that they will really benefit from when received with an open heart and mind. But the question is how to get them to this place of receptivity???

I just wanted to reassure you that the restless behaviour and fear that the youth were expressing when initially practicing sitting still is quite common. I have had the same experience several times when delivering the silent sitting component and it made me re-assess my approach and reflect on how to

encourage the youth to experience the silent sitting exercise to strengthen their inner connection to the values and ultimately themselves.

I discovered that I needed to prepare the students mentally before actually doing the exercise to make them feel comfortable, safe, still and most importantly "normal". I discovered that most of the fear or opposition that the children were displaying was coming from a sense of their personal identities being under threat or compromised as they embraced a new concept of being still and at one with themselves. Most teenagers are very conscious about the preservation of their self image and credibility among other youth so I found that it was necessary for me to reassure them that the silent sitting exercise would complement their personalities and self image by making them more confident, independent, healthy, aware, focused etc.

The next step was to choose the best time during the lesson to introduce the silent sitting exercise. If it's the first time they are experiencing this component it is best to deliver it in the middle or towards the end of the



SSEHV lesson. I found that it works best after they have had an introduction to the values and perhaps after doing an activity in which they had fun. Then you can tell them that "we have a really special technique that we use to help us to strengthen our connection with the values inside us and to connect with our inner voice/guide so that we come to know more about who we **TRULY** are and not what other people want us to be. We are leaders not followers so we need to be able to be still and calm to find and connect with the values within and around us.

Let them know that it's only for 2 minutes and it's really important that they just focus on themselves for the next 2 minutes. Reassure them that if they find it difficult at first, it's ok, they can just sit still and allow the others to experience it. At the end of the exercise ask them "How did you feel?" and write the words up on the board so they can see the positivity it brings to all of them.

If you play the flute music softly in the background (found on track 5 of the BISSE Ltd Silent Sitting CD) whilst you guide them through the silent sitting it really helps. You can say a few words like:

Gently close your eyes.

Now slowly take a deep breath in and then slowly exhale. Each time as you exhale just relax. (Get them to breathe in and exhale 3 times).

Think about the 5 Human Values. Truth, Love, Peace, Right action and Non-violence.

Think I am the 5 Human values

Think may I always think good, see good and do good.

(Then be silent and just give them some time to experience the stillness)

Just connect to the hearts of the youth and be guided.....

Abbey Tops Leicester

Many of you will have seen coverage of the Leicester City KS2 SATs results in the 'Mercury' newspaper today.

We rank an incredible 3rd in the whole city behind St. Thomas More (a selective Catholic Academy not under Local Authority control) and Parks Primary who got an extra 1% in Mathematics.

Coming second (by only 1% point) out of all the (nearly 90) Local Authority controlled schools is an astonishing achievement. Our pupils come into school at very low levels and leave with the second best results in Leicester.

Congratulations to everyone for the contribution you have made. It has been an extremely hard six and a half years – however, we can now see hard evidence of how the pupils and community of Abbey are benefitting.

We are determined to maintain this focus on high standards and remain determined to stay at the top of the Local Authority league table in the future.

Tim Foster, Head teacher, Abbey Primary Community School
14th December 2012

An Introduction to SATHYA SAI EDUCATION IN HUMAN VALUES

A Curriculum for Character Development

“Education is for life not just for earning a living”

“The Aim of Education should be Positive Character Building”

An Overview

The United Kingdom , and indeed the whole world, has been looking for an effective way to inspire and educate the children of this generation in order to reverse the present trend of violence, crime, substance abuse and apathy. In this regard, BISSE Ltd is pleased to introduce the Human Values Programme, a curriculum for character development.

The Values Programme is a multi-cultural, multi-faith, self-development Programme designed for children and young people all over the world. It is a simple educational tool to help develop positive values in the young so that children and young adults become fit for life and not just for earning a ‘good’ living.

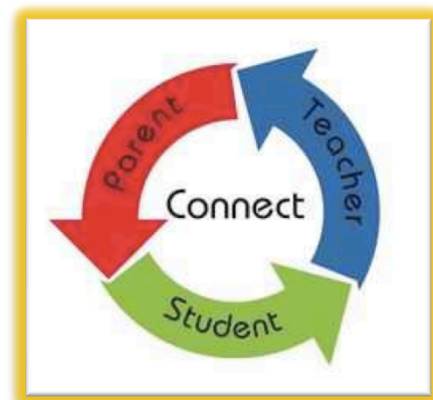
The Programme is rapidly spreading in popularity and has been developed and culturally adapted for use in numerous countries, across all continents around the world.

The Objective

Life in the 21st Century presents many difficulties for teachers, parents and young people. With so many external influences, demands and constraints, it can be easy to lose hold on the values that make up a civilised society.

The Values Programme seeks to help teachers, parents and children to re-focus on the basic positive values that underlie all aspects of a moral society.

This is done through what is called a “Triple Partnership for Education” between teachers, parents and children, meaning that all three groups play key roles in reversing current trends, and in reaching towards the goal of truly successful value based education.



The Method

In today's multi-cultural and multi-racial society, with its changing social norms and expectations, it can be difficult for a young person to know what is right.

The Programme is therefore designed to help young people to be in touch with their own feelings and nurture awareness of the qualities within themselves, which form good character and behaviour.

It is not the purpose of the Programme to dictate the actions of the individual, but rather to offer them a secure base from which they may arrive at their own informed decisions.

The Programme seeks to draw out the basic human values of truth, love, peace, right conduct & non-violence, which are inherent in the human being. It is these eternal core values, which ennoble mankind and are indeed shared and recognised worldwide. Learning takes place through lesson plans based on practical, meaningful and fun activities using the five components of:

- Stories - about life, identity and relationships;
- Quotations, poems and prayers;
- Group Singing and music;
- Silent sitting - exercises leading to inner calm and peace;
- Activities e.g. drama, discussion, games, role-play, community service, etc.

In working through the lessons that comprise these components, the importance of the triple partnership for education becomes apparent: teachers will inspire children in their schools, if they are value conscious adults; parents' example affects the conduct of their children; and children when reaching a certain age need self-discipline to balance their generally natural exuberance.

"The objective of the SSEHV Programme is to develop human values in young people so that they can live life to their fullest potential and share and contribute to the general welfare of the local and global community."

Values Programme Around the World

Many school teachers and parents from around the world (UK, Canada, Morocco, Egypt, Israel and Dubai) have been trained in the Values Programme and they have all recognised the five values as being part of their own culture and religion.



Information for Teachers and Educationalists

FOR AN OAK TO GROW
WE MUST PLANT AN
ACORN



FOR SOCIETY'S FUTURE
PEACE AND HAPPINESS,
CHILDREN NEED
TO DEVELOP A VALUE SYSTEM

“Of all the professions, the teacher’s is the noblest, the most difficult and the most important.”

Latest News of BISSE Ltd.

- Rob Alderman, a Director of BISSE Ltd., is working in Johannesburg and Carole is spending much of the English winter with him - for her health! They have found a lot of interest in South Africa for the Human Values Programme and have arranged to run the BISSE six-day course in March 2013 at a Primary School in Johannesburg.

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