

## PROGRAM & "HEART WORK" (HOME WORK)

**Lessons number:** 001

**Date:** June 24, 2020

**Day and time classes:** Wednesday 15:00 - 15:40 ( 3 PM - 3:40 PM )

### Gurus (teachers):

Sunil Marapin (Guru Daju),

Rama Khanal (Guru Amma)

**Note:** Because of no internet there was no class last week

### Heart work (home work) for coming lesson :

*"Dear Students of class 9, Om Sairam.*

*I am Sunil from Holland, in Januari we meet in SSSVM. Do you remember i ask you to call me Daju ?*

*You are the same as my young sister or brother.*

*Because i make Soul Blossom lessons and give classes to you and other groups is good to call me Guru Daju. I am sure we will learn a lot from each other."*

Swami said in a meeting on June 15, 2020:

*"My students are physically very near by my, but sometime they are spiritual very far. Soul Blossom Class will be very helpful, explain from your vision. Your wisdom will grow and their (my students) wisdom will grow"*

In the first two lessons we will talk about the 3 questions a, b, c & the six questions related to the lockdown story.

You can do these alone or together with 1 or 2 other students.

Have always a notebook with you during the Soul Blossom classes.

Please read the story and answers the questions (alone or with 1 or 2 other students), because of poor internet connection it will be more effective if you do these before we start the class.

On the website: [www.SoulBlossomStudents.org](http://www.SoulBlossomStudents.org) there is a part special for SSSVM Class 9, you can find the program, the story and bhajans also there.

### The three questions:

1a: If you could do miracles, what would you do?

1b: Are there differences between SSSVM and other schools?

1c: Why do you think we have these Soul Blossom classes?

### The Six questions related to the lockdown story.

1.1: Read story 011 of Lock down and Positivity.

1.2: If you have questions or want tell something about these story, write it down, we will talk about.

1.3: Which things you learn from the story? Write all these things.

1.4: Is there a positive thing in your own lockdown situation, what is not in the story?

1.5: Which positive thing(s) from you practice already or will practice from now?

1.6: Did you become a different person because of corona and the lockdown?