

SOUL BLOSSOM CLASS, RAMA Time: 5.00pm Date: 27th July 2020 SUNDAY

Pray out to Baba for giving us an opportunity to be in SOUL BLOSSOM CLASS.

Today we pray to you BHAGWAN BABA for letting us be a part of this school. Bless us Bhagwan Baba and turn us into the STEERMANS of the country. Guide us to follow the path you have created for us. Charan Sparsh Bhagwan Baba.

FEEDBACK: This is a new introduction. Prayer for Bhagwan Baba before starting SOUL BLOSSOM CLASS felt necessary. Please follow this or change your words according to what you want to be AT THY FEET.



1. 3 x OM; 3XGayatri; Omkar Bindu Samyukta 3X Shanti

FEEDBACK: I realised that children know a lot of mantra already. Mantras I have on the bottom was chanted in the beginning. I need to change a little bit of plan for next week.

2. TWO MINUTES MEDITATION MUSIC.....

FEEDBACK: SWAMI always stressed on doing meditation before starting any class. So, from today this two-minute meditation had been put in lesson plan. Children seemed to enjoy it too. But due to time restriction and hearing music difficulty we might have to cancel this bit.



3. **Shanti Shanti Shantihi.....**Rub your hands and put it on your eyes. It is the kinetic energy you have created that turns into heat energy which is good for your eyes.

4. **Vakratunda Mahakaya.....**

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ ।
निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥

Vakra-Tunndda Maha-Kaaya Suurya-Kotti Samaprabha |
Nirvighnam Kuru Me Deva Sarva-Kaaryessu Sarvadaa ||

FEEDBACK: Children already knew this. They chanted this in the beginning.

5. **Followed By: Ganesh Story: Sanchita Ama**



One day SAGE NARADA came to Kailash with mangoes. Sage Narada went up to Lord Shiva and gave the mango to give it to his son. Lord Shiva looked at his sons and said whoever goes around the world three times and comes back will get the mango. Ganesha's brother Kumar quickly sat on his VAHANA Peacock and took off to go around the world, while Lord Ganesha just stood where he was. After a while Lord Ganesha went around his parents and did three parikrama. (walked three times around his parents). When Shiva asked Ganesha why he went around them and why not around the world as Kumar did, Lord Ganesha looked at HIS PARENTS and said:

Matru Devo Bhava, Pitru Devo Bhava. You are my world. You are the entire Adhaar (Foothold, Backbone, Base) for me.

Ganesha is the first child who taught the world: Matru Devo Bhava, Pitru Devo Bhava.

There and then Lord Shiva blessed Ganesha and gave him the name Vinayaka.

Nayak meaning Leader and Vinayaka means no leader above you.

So, when we start any sort of prayer, new job, anything new, we pray out to Lord Ganesha.

Do you know how many hand Ganesh has? It is said that Ganesha has four hands.

Firsthand it holds MODAK and is calling us to give sweets.

Second hand holds a ROPE. This is a tie for us with Lord Ganesha

Third hand holds an AXE. This is for us to understand our wrongs and to take all our obstacles away.

Fourth hand is known as ABHAYAHASTA. This hand gives us blessings.

DIFFERENT NAMES OF LORD GANESHA:

Vinayaka(No Nayak above him), **Lambodhar**(Long Nose), **Aaraadhya**(Worshipped), **Amod**(pleasure), **Vighnesh**(Destroyer Of Evil), **Amit**(Indestructable), **Bhupati**(Loved by all on earth), **Kapil**(Yellow Color), **Kavish**(King of poet), **Shardul**(King Of All Gods)

So, children what did you learn from this story?

Answer: Lord Ganesha taught us to HONOR OUR PARENTS EVERYDAY. Respecting your parents is like respecting your GOD. PARENTS AND GOD is your GURU. After that, your teachers are your GURU.

FEEDBACK: Children seemed to enjoy the story most. Some children added their own Imagination to it, it was very clever thought. Some children had already heard the same story with different version to it. So, they told us their own version. It was a pleasure to listen to children repeating the story with so much confidence.

6. BHAJAN: REMEMBER TO TALK ABOUT COMMUNITY BHAJAN: PRAISE

Gaja Vadana Gananaatha Gaja Vadana Dinanatha (2x)
Siddhi Vidhata Shiva Thanaya
Buddhi Pradaayaka Gajaanana
Parvathi Nandana Bhava Bhaya Bhanjana
Yuga Yuga Vanditha Jaya Shree (Sai) Ganesha (2x)

Meaning: Elephant-faced Ganesh, Lord of the Ganas and protector of the helpless. Son of Shiva, giver of liberation, destroyer of worldly fears. Glory to Ganesh who is revered through the ages.

FEEDBACK: A new bhajan was introduced today. They still need to learn the words. Few children picked up very quickly.

7. **KARAGREY:** Karagrey Vasate Laxmi Karamadhye Saraswati Karamule Tu Govinda Prabhate Kara Darshanam.



FEEDBACK: It has been decided that this is to be removed from the lesson plan. To be noted: "Rama Teacher to teach in her own space.???"

8. Three OM

9. Three Samastha Jeeva Sukhino Bhavantu

10. SARVESHAM SWASTIR BHAVANTU

SARVESHAM SHANTI BHAVANTU

SARVESHAM PURNAM BHAVANTU

SARVESHAM MANGALAM BHAVANTU

11. Three Shanti

FEEDBACK: Sarvesham to be moved to top. Rest went very smoothly.

12. Heart work: Find five different names of LORD GANESHA.

13. Pray To Bhagwan Baba For Giving Us This Beautiful Platform To Blossom:

भगवान बाबा हजुरको कमल चरणमा हाम्रो कोटी कोटी वन्धना। हजुरको कृपाले आज सोल बलसम क्लासमा हामीले धेरै राम्रो कुरा सिक्न पाएकोमा हामी धेरै खुशी छौं। हामीलाई भोलिको देशको असल कर्णधार हुनको लागि आशिर्वाद दिबक्स्योश भगवान बाबा। चरण स्पर्श भगवान बाबा।



FEEDBACK: This prayer was written what came in my head. But please feel free to change it as per your need and want. Om Shree Sai Ram.