

Children: Shaleen Thapa, Serene Shrestha, Bashana Parajuli, Aryana Tiwari

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

1. **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 ||

Meaning of The Mantra Is:

i. (Salutations to Sri Ganesha) Who has a **Curved Trunk**, who has a **Large Body** and Whose **Splendour** is **like Million Suns**.

ii. **O Deva, Please Make my** Undertakings **Free of Obstacles**, by extending Your Blessings **in All my Works, Always**.

FEEDBACK: Children are always enthusiastic about learning new chanting. Teachers repeated it for them couple of times and they were asked to say it themselves as well. Some could, but other's needed help. Good feed back from two parents in regard to it.

2. **Followed By:**

i. Ganesh Story: Sanchita Auntie

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.

Goddess Parvati is known as Mother Universe, Jagan Mata, Loka Mata

Lord Shiva is the Entire Universe, Vishwadhara

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.

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: We could not do the above story due to lack of time. Chithra told the below mentioned story about how and why Maa Parvati had scratches on her face. The moral of the story:

Why is Maa Parvati known as Jagan Mata; Why we should always be nice to others and why saying sorry for what wrong you have done by other and how you can fix it.

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ii. Ganesh Story: Chitra Amma **HOW GODDESS PARVATI GOT A SCRATCH:**



3. **GUIDED MEDITATION:** **Share Screen..... VISUALIZATION..... SPACE.**



FEEDBACK: Children seem to enjoy the meditation. I have realised that out of four classes I take, all four enjoy this MY QUIET TIME through meditation.

4. **Bhajan:**

Gopala Gopala Nacho Gopala

Nacho Nacho Sai Nandalala

Ruma Jhuma Ruma Jhuma Nacho Gopala

Nacho Nacho Sai Nandalala

FEEDBACK: Serene knew this bhajan and was ahead of us singing this bhajan. Others seemed keen to learn the bhajan as well. But it can come to my notice that short bhajans are better for the smaller children and to be sung in D flat notes for beginners.

5. **QUIZ:** Sanchita Auntie

i. How many hands did LORD GANESHA have? ii. Who is Lord Ganesha's father? iii. Who is Lord Ganesha's mother? iv. Did he have a sibling? v. What does Ganesha's ride? vi. What does Shiva's ride? vii. What does Parvati ride? viii. Whose ride is peacock? ix. What does Ganesha like?

FEEDBACK: Since Chitra did tell the story of LORD GANESHA it was possible to do the quiz. Many children knew about SHIVA PARVATI GANESH but Subhramanyam was a hard line for them. Will be doing more stories on LORD GANESHA in future.

6. **GAME: Teaching how to make LORD GANESH with clay, turmeric, playdough.**

FEEDBACK: Children enjoyed the making of Ganesha. This is their HEART WORK.

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

8. **Three OM**

9. **Three Samasta Jeeva Sukhino Bhavantu**

10. **Three Shanti**

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

ON THE WHOLE: The class went very well. Got nice feed back from PARENTS too. Sounds positive. Wouldn't have been possible without BHAGWAN BABA'S BLESSINGS.

12. **REVISION:** Archana Story. Ask Heart Work. What they learned from the story.

FEEDBACK: Unable to do the revision due to lack of time. Will repeat this story in our next class.

ENGLISH: STORY 004, ARCHANA SPEAKING THE TRUTH

Once upon a time there was a family of three members living in Nepal. Father and mother with their daughter Archana. The parents were very caring, and they were a happy family. Archana also loved her parents, but she got upset when her parents did not buy chocolate for her. Her parents did not give her chocolates as they were worried that she might develop cavities in her tooth. Hence chocolates were given to her only as a treat. But Archana did not understand that since she was small, and she could not understand why her parents would not buy her chocolate even though she craved for it.

One day Archana saw her mother keeping money under the sugar jar. Since she was craving for chocolate, when no one was looking she took two rupees out from under the jar. She sneaked outside and bought the chocolate. She had a wonderful time munching on the chocolate and her desire for chocolate was satisfied. She returned home and found her mother looking for the money to go buy groceries. When her mother realized that two rupees was missing, she asked Archana if she had taken the money from under the jar. Archana feared being scolded so she lied to her mother and said she had not taken the money. Her mother now thought that she might have made a mistake in counting the money. Days went by and Archana felt guilty that she had lied to her mother. She really wanted to be honest and tell her mother the truth, but the thought of being beaten made her change her mind.

One day when Archana was at Soul Blossom Class the teacher started teaching about telling the TRUTH, no matter how hard it was. The teacher explained to the children that sometimes the path to the truth was hard and painful, but result would always be the best. After hearing the teacher speaking about being truthful, Archana decided immediately that she would return home and be honest to her mother about the missing two rupees. Walking back home seemed a long journey for her that day because she felt guilty and wanted to tell the truth to her mother.

When she got back home that day, she told her mother that she had something to tell her. She said, 'Mother remember the other day you asked me about the two rupees?' Her mother said 'Yes Archana, you told me you had not taken it. I must have made a mistake counting it. It is ok Archana.' Archana then said 'Mother I want to confess something. I did take that money and I am extremely sorry about it. I said I did not take it because I thought I would be in trouble.' Mother looked at Archana with tears in her eyes. She came towards Archana and gave her a big hug. She then said, 'Thank you dear for telling me the truth.' Archana was taken aback. She had thought she would be in trouble, but instead she was rewarded by a big hug. When her father came back from work her parents sat with her and explained that if she had asked for the money to buy chocolates, they probably would not have given it to her. They also explained that they had her welfare at heart for they were worried about her developing cavities in her tooth. Archana started crying for she now understood that her parents were only trying to protect her. She felt exceptionally light-hearted and happy that she had told the truth to her parents. After that she never lied to her parents.

Later in life she also became a Soul Blossom Teacher. She always taught her students about five human values; being truthful, keeping peaceful, love all and serve all, staying away from violence, holding the right conduct. All her Soul Blossom children loved her. Then on she lived very happily ever after.