

## Summary of our 3Rd lesson

Today on the date of 18<sup>th</sup> July 2020 Sanchita Aama from Australia she also joined in the soul blossom. It was great opportunity to learn from her. She introduced herself as well as with the children.

### 01 Opening:

01: 3x Om karam,  
3x Gayatri mantra

**Ganesh mantra:** Bakra tunda ...

**Guru mantra:** Guru brahma ...

Then Sanchita Aama asked about the 10 things what should we do or not. Like.. eat a lot of chocolate, learn the lesson, Respect the parents, Greet the elders, fight with the friends etc. She praise the children with the positive words.

### 02: If there are new students they can tell in short about them self

On this day there was not any new students.

### 03: Students who have questions or want tell something can do.

They were shy and didn't ask any questions

### 04: Gurus ask if students still know what we did last week and tell about today's program

We told the children about today's program.

### 05a Heart-work from the last week:

- Gita Ma'am had given the drawing about the Lock-down story

### 05b: We talk and ask question about the story

- In the heart work, Geeta Aama told the story to the children in short way.

- By being the small children they could not write about it.

- We asked the questions but could not answer.

### 06: Bhajans, We all Gurus along with the children sang two Bhajans.

- Gauri Ganesh Uma Ganesh...

- Manasa Bhajore Guru Charanam Dustara ...

### 07 At the end we wrapped up.

3x Om karam,

3x Samasta jiwa Sukhino bhawantu

1x Sarvesham Swastir Vhawantu, Sarvesham Shanti Vhawantu, Sarvesham Purnam Vhawantu, Sarvesham Mangalam Vhawantu

Om Shanti, Shanti, Shanti

### Heart work (Home work) for coming lesson. Do at least one of the three things:

A- Make a drawing about todays class

B- Practice a song / Bhajan.

C- Write all positive / good thing what you will do the coming week.

### Note:

- After the session Geeta Aama counseled the children about the discipline with positive vibes. Then she gave the fruit (Mango) to the children before going home. The children became very happy.

- One of the student named Suresh, his mother is very happy that her son has joined the Soul blossom class because day by day he is being positive and helping to his mother in every work.