

Summary of our 3th lesson

The 3rd Soul Blossom class was on: THURSDAY, July 16, 2020 from 5:00 PM to 6:00 PM

Teachers / Gurus: Guru Sanchita Aunty, Guru Chithra Aama, Guru Daju

Children: BASHANA (OMAN), SERENE (TOWNSVILLE), ELY (BRISBANE), SHALEEN (BRISBANE), ANSHU (BRISBANE),

Heart-work (Homework) from last week: Make a drawing or something else about the last Soul Blossom class.

Serene did a beautiful picture from last lesson about our FIVE MOTHERS. Since it was the first time, she had learnt about it she has made a slight mistake, but it is ok. She is a brilliant student and will learn amazingly fast. So, Children here are the five mothers we worship. Next class we will discuss about it one more time ok.

1. Deha Mata Your own mother
2. Desh Mata Your country (ROOT)
3. Gau Mata Mother cow
4. Dharti Mata Mother Earth
5. Gayatri Mata Also Known as VEDA MATA

PROGRAM FOR TODAY:

01. 3x OM,

3x Gayatri Mantra

Three Oms and Gayatri Mantra went very smoothly. New children might not know the mantra, so here it is for them to learn.

ॐ भूर्भुवःस्वः

Om bhur Bhuva Swaha

तत्सवितुर्वरेण्यं

Tat Savitur Varenyam

भर्गो देवस्य धीमहि

Bhargo Devashya Dhimahi

धियो यो नः प्रचोदयात्

Dhiyo Yo Nah Prachodayat

2 Meditation: By Chithra Amma (2-3 minutes)

We did blue rose Guided Meditation today. Chithra guided them and asked them to count thirty in within their mind. After counting to thirty, they had to close their eyes. They were to imagine themselves as a beautiful blue rose. They were guided saying that rose gives beautiful fragrance and that fragrance travels everywhere. There are lots of thorns around it

but looking at roses we forget the thorns. Children were asked to imagine making a bouquet. Roses pass the message to us that no matter how good it looks, roses have two sides to it, GOOD Quality and BAD Quality. We should focus on Good qualities and throw away all the Bad qualities, every second, every minute, every hour, every day. They were asked to gather only good fragrance, good thought in you and make yourself blossom beautifully. They were told that they are roses in GOD'S Garden, where their SOUL BLOSSOMS. That is why we are in SOUL BLOSSOMS where our soul is blossoming beautifully. Children had been asked to imagine themselves as a beautiful blue rose, with lots of good qualities and lots of love empowered me everywhere. The light is in me, I am in the light. They were asked to get the energy by rubbing their hands together and put it against their eyes, gently massage their face. Then they were asked to give a smile.

They were asked what they were today. They all said blue roses. They said they were thinking of good qualities, the light in them. Some said they saw butterflies and butterflies were having a party. How sweet. Small brains imagining big things. This is what we call SOUL BLOSSOM.

3 Song: Be careful little eyes, what you see, what you see.....

THE CHILDREN WILL LEARN THE TUNE IN CLASS. I might just leave the first paragraph in the chat box though.

Be careful little eyes, what you see, what you see

बिचार गर सानो आँखा के हेछौं के हेछौं

Bichaar gara saano aakha ke herchau ke herchau

[\(the full song you can find on the bhajan/song page\)](#)

4 Human Value Game:

4. a) We did action on Rama's Bow and Arrow, Krishna's Flute, Buddha's Emotion, Jesus's Cross, Allah's Call to Allah Action. Children loved this game.
5. b) We played the GOD'S BIN and DIRT BIN. Children were questioned where the answer should be put. They had to decide if it went to GOD'S BIN and DIRT BIN.
6. Bhajan: Gopala Gopala Nacho Gopala Nacho Nacho Sai Nandalala Ruma Jhuma Ruma Jhuma Nacho Gopala Nacho Nacho Sai Nandalala

They learned a new bhajan today. We had changed the SAI into Krishna, but many knew the SAI version, so we changed it back to Sai.

6 Value talk: A story about truth: Story about Archana

This is a Human Value story. It is a TRUE STORY too. They all were listening to it very keenly. They are asked to prepare questions on this story for next lesson. They will come back with painting and few HEART WORKS.

8. Mantra Karaagre Vasatey Laxmi Karamadhye Saraswati Karamule tu Govinda
Prabhate Kara Darshanam

This is a morning prayer, please encourage your child to do it before they step out of bed.

We ended by:

9. 3x OM

3x Samastha Jeeva Sukhino Bhavantu

Om Shanti Shanti Shanti

Heart-work coming week:

Prepare a drawing according to the story today and WRITE FIVE TRUTHS YOU SPEAK THROUGH THE WEEK. Read the story **ARCHANA SPEAKING THE TRUTH**. (The story you can find on the story page)

The Children were asked to say one GOOD THING they did today.

BASHANA(OMAN): Mummy was feeling sick and I helped her get better.

SERENE(TOWNSVILLE): Smiled all the time and made others smile too.

ELY(BRISBANE): Helped other people while doing work at school.

SHALEEN(BRISBANE): Helped mummy by eating nutritious food.

ANSHU(BRISBANE): Helped mummy by cleaning up and making the environment healthy.