

## Summary of our 2nd lesson

The 2nd Soul Blossom class was on: THURSDAY, July 09, 2020 from 5:00 PM to 6:00 PM

**Teachers: Chithra Narayan-OMAN; Sunil Marapin-Holland; Sanchita Koirala-Australia**

**Children: Serene, Ely, Anshu, Isha, Sakara, Bisham.**

### 1. Three OMS x 1min

We started the class with three OMS

Children were asked to sit still in CHIN MUDRA (pointer and thumb joined for meditation). We talked about our right hand known as TAT - God and left known as Twam – Self, joined together in Namaskaram pose, we need to understand that GOD and I are one.

We should remind ourselves that we are DIVINE. We should do good, be good and see good.

### 2. Guided meditation: By Chithra Narayan x 5 min

## ON 5 MOTHERS

Chithra guided the children on 5 mothers on Earth we need to know about.

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
6. **Human Value Game: 5 minutes**

Ask children about Lord Rama: Few simple questions on Epic Ramayana. Talk about mother's love.

## RAMA KRISHNA GAME.

This is something children really enjoyed. We used our action to express the characteristics of three Lords.

Rama, We used the bow and arrow action

Krishna, We used Flute And

Buddha, We touched our heart as a symbol of compassion.

Every time we called out the name children had to express with action. So that they would concentrate we jumbled the name occasionally.

Children seemed to enjoy this game.

### 4. Human Value Song: 5minutes

Be careful little eyes (what we see) X 2

( the full song you can find on the bhajan/song page)

Most of the children got involved in the singing time. They seem to enjoy singing. In the end we asked them a question: what did you enjoy most? Many said singing. Serene had done just one class with us and she had memorised the whole song.

## **5.CHANTING: x 3 minutes**

Karaagre Vasatey Laxmi

Karamadhye Saraswati

Karamule tu Govinda

Prabhate Kara Darshanam

We wanted children to learn this mantra which has a very deep meaning. I feel that as parents we should all do this mantra too. This is a mantra we should do even before we hop out of bed. I will send the link as how we should do it. Please guide your children to do it too. These small things in life will matter a lot later in life. Do not miss this opportunity please.

Join both hands as if you were looking at a mirror. While doing this mantra we look at the tip of our finger and recite the first line. This is where Goddess LAXMI RESIDES. Wealth is on the tip of the hand.

Then come to the end of the figure. Look at the middle of your hand and recite the second line. This is where Goddess SARASHWATI RESIDES. We hold the book at the centre.

Now come to the end of your palm and recite the third line. This is where Govinda, Lord VISHNU RESIDES.

These deities if we pray in the morning will help us gaining energy.

We asked them what the word GOD meant.

G = Generator = he generates

O = Operator = he operates

D = Destroyer = and he destroys the evil.

## **6. DEVOTIONAL SONG: x 4 minutes**

Gauri Ganesh Uma Ganesh

Paarvati Nandana Shree Ganesh

Sharanam Ganesh Sharanam Ganesh

Shiva Nandana Ganapatti Ganesh

We sang a devotional song. Children joined in. They seem to love singing and the game most.

In the end we asked them what they like doing most. Some said they loved spending their time with parents, some said they loved sharing, Sakara said she loved playing the game.

## **7. END WITH: x 2 minutes**

Three OMS

Samastha Jeeva Sukhino Bhavantu

Om Shanti Shanti Shanti