

॥ ॐ ॥

॥ Shri Gurubhyo Namaha ॥  
॥ Shri Bhavanishankaraya Namaha ॥  
॥ Shri Matre Namaha ॥

**Dallas, USA Prarthana Quarterly Report for Nov'09-Jan'10**

**Teacher- Priya Santosh Bijur**

**Venue: Bijur Residence**

**Day and Time: Friday, 6pm to 7pm**

**No. of children: 4**

Over November and December 2009 we covered sessions 20 (Motto of Math) to session 23 (seva).

We talked about our Math motto by relating it to our school mottos. The older children recited their mottos and what significance it has to the school and what it stands for. This was used as a basis to relate to our Math as an Institute of religious and spiritual growth and development. The Math logo was shown and read to them with an explanation. The 'vision' was discussed. Using our other 4 senses is also important, was explained to the children. The children came up with spontaneous examples of how they use their other senses (touch, hearing, smelling, tasting) etc to get a better perspective of a particular situation. The children then tried to copy/trace the math logo and colored it.

Session 21 (Physical and mental strength) was something the children could understand quite easily and gave very apt answers when questions were posed to them. We first talked about physical strength and how we can achieve physical strength (healthy diet, exercise, good sleep etc). After they had warmed up with this lucid concept, the concept of intellectual strength and emotion strength was introduced. The concept of intellectual strength was not planned but the children said that working and practicing school work, makes their 'brains strong' and so we decided to categorize it as

'intellectual strength'. Emotional strength was explained in length. The older children seemed to get a good overall grasp of how we should feel free to exhibit our emotions and feelings. This is very important for our well being and helps to become stronger 'inside'. The story of Dattatreya was narrated during this session. It turned out to be very apt since He is the God of knowledge and strength.

Session 22 (Physical and mental purity). This session seemed to flow very well because of our previous session of 'strength'. Example of how a lotus is beautiful and pure despite it's surroundings was given to the children. Just like that we must try hard to not get influenced by bad company and as far as possible keep good company so that some of their good values rub off on us. An exercise of action-reaction was done. The children gave very impressive examples of how a positive thought (action) gives birth to a positive deed (reaction). This session was proof that the children have started thinking independently and on a deeper level when given a simple prompt! Purity in words is also important and so the 3 are connected: purity in thoughts, deeds and words.

Session 23 (Seva) The meaning of Seva (duty) was explained. The children talked about each family member and his/her duty towards the family. Besides our immediate family, we have a duty towards our Guru, teachers at school, friends and even our environment and planet. Each of these were discussed. Each of the them decided to do their bit at home, school and their surroundings.

Over the months we have been reading stories from the Anugraha regularly. The children have been very interested in these and we take turns to read so it keeps them more engaged and engrossed. The children participate with great ease during the Vimarsha sessions.