

INDEX

Sr.No.	Subject	Page No.
1.	NATIONAL ADMINISTRATIVE TEAM	2
2.	SAHAJAYOGA ACADEMY AND EDUCATION RESEACHER TEAM	3
3.	PREFACE	4
4.	PERMISSION LETTER	6-7
5.	COURSE CONTENT	8
6.	GROUP COMMUNICATION AND AWARENESS FROM THE PRINCIPAL AND TEACHERS (CLASS 1 TO FOURTH TEACHERS)	9-14
7.	INTRODUCTORY PROGRAM (CLASS 1 AND 2)	15-16
8.	FOLLOW UP SESSION 1	17-18
9.	FOLLOW UP SESSION 2	19
10.	FOLLOW UP SESSION 3	20-21
11.	FOLLOW UP SESSION 4	22
12.	FOLLOW UP SESSION 5	23
13.	FOLLOW UP SESSION 6	24-25
14.	FOLLOW UP SESSION 7	26-27

NATIONAL ADMINISTRATIVE TEAM

- 1) **Chairman** - H.H. Shri MatajiNirmala Devi
[Founder of Science of Sahajyoga Technique]

- 2) **Vice – Chairman** - Shri Dinesh Rai
[Ex- IAS Officer, Secretary MSME, Delhi]

- 3) **Jt. Vice – Chairman**- Shri Suresh Kapoor
[Retd. Income Tax Commissioner, Delhi]

- 4) **Trustee** - Dr. Prakash Pansare
[M.S, Gynaecologist, Nasik]

- 5) **National Coordinator** - Ms. Rashmi Umale
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SAHAJAYOGA ACADEMIC AND EDUCATION RESEARCH

TEAM

1) Mrs. Indumati Chitnavis, Nagpur

[Ex – Education Officer, Ex- Principal (International Sahaj Public School),
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2) Dr. Dilip Ukey, Mumbai

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5) Dr. Monali Umap, Nasik

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6) Ms. Rashmi Umale

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7) Adv. Mahesh Dhandekar, Nagpur

[B.A., LLB, P.G. Diploma in Cyber Law]

PREFACE

We feel proud that we have received the privilege of contributing to the work of the multi-dimensional approach of the **H.H. Shree Nirmala Devi**.

In fact, Shree Mataji Herself also established Sahaja Public School for Western children, Dharamshala and Sahaja School in Rome.

The achievements of the students studying in Sahaja School are well known. Today the students play major role in extending the divine message of Sahaja Yoga in their respective countries.

Today Sahaja Yogis are busy organizing programs of self-realization for students in schools and colleges. But in the events of these programs, unless we run all the existing education methods according to the planned, well organized and uniformly curated syllabus, in the school head and the school's governing bodies, we will be able to utilize the facilitative meditation method and to the students will not succeed in introducing a sure plan of profit.

Therefore, under the guidance of the ultimate Chaitanya, different 'course content' has been made keeping in mind the different age group of the school children. Teacher's realization and meditation programme has been proposed along with the realization programme of students. Teachers play a responsible role in the physical, mental and emotional progress of students. Keeping in mind the sensitivity of the outline of the program, everything has been taken care of, so that it will prove to be completely meaningful, physical and practical in itself. Now with full confidence, we can say that implementing the program smoothly, we will be successful in reducing the fundamental problems of teachers and students and those studying in the field of education. Sahajyogis will be successful in making the teaching process smooth, pleasant and creative.

We all are very grateful to **H.H. Shree Mataji Nirmala Devi** that She has guided us at every step by awakening our "**Ritambhara Pragnya**". We highly respect and humbly dedicate this book to the lotus feet of H.H. Shree Mataji.

**CONTENT FOR
STD
I AND II**

Permission letter

To,

Head master,

Principal,

.....

.....

Subject: A request to operate an explicit and fundamental program in school, due to which the purpose of enhancing moral values and self reliance in the students is achieved alongwith the overall development of the students to become the best future citizens.

Respected Sir/Madam,

We all are aware that, TV, mobile, internet have been maligning children's mentality. Various sources of entertainments have been misguiding and deviating our new generation from righteous path. This is why their future looks insecure. Parents seem to be quite tensed nowadays. Adverse consequences of these problems crunch through the educational institutions as well.

The modern lifestyle and its living standard influences and overpowers the thought process of our new generation. The children remain unaware of their thoughts and behaviour being immoral and unrighteous.

If we do not give right direction to the creative potential and the innocence of children then all our efforts will go in vain.

These adverse conditions can be resolved by the awakening of students' legislative internal energy. In the year 1970, Shri Mataji Nirmala Devi invented the most intuitive, simple technique of Sahajayoga meditation which can make changes in the students and make them aware of the future and their goals. In the beginning Shri Mataji implemented this method of meditation on many students of many countries including Indian students, and the results of which will be very amazing.

Whatever you strive for the progress and progress of your school students and teachers is commendable and therefore we propose to operate our program in your prestigious institution / school. The subject matter of the program is attached with this letter.

Kind regards,

Program coordinator.

COURSE CONTENT

COURSE CONTENT FOR STUDENT'S PROGRAM

PROGRAM	DURATION	OBJECTIVE OF THE SESSION
Principal & Teacher's Meet	30 Min.	To introduce the head of the school and the assisting teachers about the project. To conduct the meditative session so that, the teachers can enjoy the feel of energy which will be nourishing the children during meditation sessions.
Introductory program [for students]	30 min.	Introduction of subtle system with: 1. Benefits of Sahaja Yoga meditation for children. 2. Physical Development. 3. Physical Fitness. 4. Ethical & Moral Values. 5. Pure energy in subtle system for academic excellence
Follow up Session 1	25 min.	Meditation to energize center of wisdom, purity, memory
Follow up Session 2	25 min.	Meditation to energize center of attention, creativity
Follow up Session 3	25 min.	Meditation to energize center of patience, sense of sharing, satisfaction.
Follow up Session 4	25 min.	Meditation to energize center of fearlessness and confidence
Follow up Session 5	25 min.	Meditation to energize center of team work and communication
Follow up Session 6	25 min.	Meditation to energize center of forgiveness.
Follow up Session 7	25 min.	Meditation to energize integration of all the centers

PRINCIPAL & TEACHERS MEETING

(Introductory Program for Primary School Teachers)

[Duration – 30 Min.]

Objectives:

- 1) Positive effect on physical, intellectual, moral and spiritual progress of students through Sahaja Yoga meditation.
- 2) Information of our subtle system and practical experiences.

Children are the future of our society and country. It is the duty and responsibility of every class of society and the teachers to take efforts for the overall development of the children. Keeping this responsibility in view Sahaj Yoga has been undertaking many experiments and researches for the overall development of children.

Sahaja Yoga meditation method has brought positive changes in the behaviour of children who practiced regular meditation. Their aggressive behaviour, disobedience, habit of lying, bad words, abusive language have also changed. In this regard, we can provide scientific experiments and its results obtained.

Positive changes were observed in the students of Lucknow Model Public Inter College due to Sahajyoga Meditation. (here we will show the Research Reports of Lucknow School).

Expert Researchers from Generation Foundation, using the scientific method evaluated the development of students. The main basis of the scientific evaluation was to assume that what changes can be seen in children with the regular practice of Sahaja Yoga meditation; The only condition is that the course content of the program should be completed and the children will pay attention to it regularly. Only then you can get very good results.

Children must meditate for 10 minutes in the beginning of the school and at the end of the school. If children meditate this way, then in 3 months time positive changes will be seen in children. Further children should continue to meditate this way.

We will discuss with you here so that you get familiar with the method that children would do. You will know that what is Sahaja Yoga, how to do it, and how to have children daily meditate.

Various activities are being conducted in your school for the overall development of the students, but we all know that due to the increasing adverse effects of media and other means of communication such as mobile, TV, internet advertising etc. children face adverse consequences. Even if you all work so hard, children do not get the desired results. Due to this the foundation of our country and society has become weak. The foundation and personality can be strengthened in children by Sahaja Yoga meditation. The children can be saved from adverse effects of media and other means of communication.

The discovery of Sahaja Yoga meditation method was done in 1970 by Dr. Nirmala Srivastava ji (who is known as the Her Holiness Shri Mataji Nirmala Devi in the entire world), while staying with Mahatma Gandhi during childhood, She was involved in the freedom struggle. By establishing Sahajayoga, Shri Mataji brought the knowledge of the transformation of the human race and awakening of residual energy which exists in the human being and made it very accessible for every age group to achieve the status of meditation.

Shri Mataji established many institutions for social welfare, such as International Sahaja Yoga Medical and Health Center, Mumbai and NGO for Women, Delhi and in the field of education established Dharamshala in Himachal Pradesh, India at Jaipur, Rajasthan. In the year 2019, the International Public School, Dharamshala, located in Himachal Pradesh was awarded the Best Residential School award. In this school, children coming from highly divergent cultures of Western countries, are taught Indian culture. Through these schools Shri Mataji successfully experimented the deep impact of Sahajayoga meditation in the field of education.

For the remarkable endeavours made by her towards the transformation of humanity and world peace, Shri Mataji was honoured with many awards not only in India but in many other countries.

- The Manav Ratna Award was given by the Government of India. She was nominated twice for the World Peace Nobel Prize.
- The Personality of the Year Award was awarded by the Government of Italy in 1986.
- In 1993, She was selected as an honorary member of the Petrosca Arts and Sciences Academy (in history so far, 12 devotees have been honoured, Einstein was also one of them).
- In addition to the international honours in 1998, Mataji's work has been honoured with many awards in India and abroad.

Researches conducted at national and international levels have proved that Sahaja Yoga meditation extremely helpful in solving the problems related to the development of children. If children do Sahaja Yoga meditation, then positive changes will be noticed in their behaviour, their results and in their personality. And because of this the teacher's job will get easier.

The subtle system of man is mainly composed of three channels and seven energy centres, so it balances our life style.

In the womb of a mother, when the baby is 2 to 3 months old, God Almighty's subtle energy enters the child through his fontanelle bone area. The size of brain is like a prism, so the energy that falls on it radiates into three different currents. Thus our three nerves are composed, these three nerves are the 3 parts of our nervous system (show the subtle chart).

Left Channel: The channel runs through the left part of our body is known as the left sympathetic nervous system (left channel). It controls our will power. The people whose left channel is unbalanced, suffers from nervousness, self-confidence deficit, and self-centeredness. When the left channel becomes weak, then children begin to think of past problems and failures, sometimes depression is also generated.

Right Channel : Right Channel is a channel running through right part of our body called Pingla nadi or Right sympathetic nervous system (right channel). It controls our work force. Those who have imbalance in the right channel are angry, always worry about future, lack of concentration all these, can lead to excessive problems like dominating others.

Middle Channel: The Channel that runs through the middle part of our body is called Sushumna or Parasympathetic nervous system. It gives us the ability to remain in balance so that we get energy to stay benign, peaceful and always remain stable in present. We use our energy appropriately.

This subtle energy produces 7 Energy Centres known as 'Plexus' in Medical Science, 'Chakra' in spiritual science, 'Alam' in Islam and 'Latifah' in Sufi. After that the remaining subtle energy is settled in the triangular shape bone (triangular bone) at the end of the spinal cord) which is also called the Sacrum Bone, it is established thereby into three and a half coils. This is our inner energy whose awakening is easily done by Sahaja Yoga meditation.

- The first energy center is called Mooladhar Chakra, it conducts the attributes like, intelligence, memory, purity, reasoning ability and assessment power etc.
- The second energy center is called Swadhisthan Chakra, it conducts artistic aspect, creativity, and memory power etc. in us.
- The third energy center is called Navel Chakra, it operates in us the qualities of contentment, peace, generosity and satisfaction.
- Void is called Bhavsagar. It is situated in a circular form around the navel chakra. It governs our decision-making ability and human religion (love).
- The fourth energy center is called the Anahata Chakra. It conducts in us feeling of security, confidence, courageousness and compassion.
- The fifth energy center is called the Vishuddhi chakra. It generates the qualities of sweetness in speech, communication skills and eloquence etc.
- The sixth energy center is called the Agnya chakra. It operates inside us the qualities of forgiveness and tolerance within us.
- The Seventh Energy Center is called Sahasrara Chakra. It establishes completeness within us and also controls the brain in our body.

As we grow up, we observe various aspects of culture, rituals, rites and gradually we get inculcated with ego, jealousy, greed, etc.

Our subtle system is mainly composed of three nerves, seven energy centers and subtle energy located in triangular bone. Today we will know what is the role of our subtle energy in this subtle system.

This subtle energy is also called as Kundalini Shakti, residual energy or Mother Energy. This works like connecting wire or cord. It connects us with the main source (All Pervading Power) by which we are born

This Mother Energy removes the disorders present in our three channels and seven chakras, makes them clean and healthy.

Then gradually the qualities of these chakras and nerves develop within us. The Mother Energy nourishes our three nerves and seven chakras and balances our physical, mental and social status.

For example we understand that mobile cannot be used without activating mobile SIM cards, in the same way our inner power cannot be balanced without connecting our mother energy to the all pervading power of God Almighty.

It is only with our pure desire that subtle power becomes active and by meditating this power starts working on our energy centers and nadis.

Now all of us will take a little experience of meditation. In this method of meditation, we have to take some affirmations in a very simple way.

With our pure desire and determination, the Kundalini power will flow towards the Sahasrara Chakra (Limbic Area). Then all our chakras will become energetic and the flow of energy will be felt in the palm of our hand and on the limbic area. You are requested to achieve the state of meditation by successfully experiencing the test efforts.

Method of Meditation - First of all we sit comfortably in our place. Remove your shoes and slippers and let the feet touch the mother earth. The mother earth has fertile power, due to which our body receives the earthing.

We should first know what actions we have to perform. After that we will close our eyes and repeat these actions and get into meditation.

We will start meditation by breathing process. By closing the eyes, we have to focus our attention on our breath. It is to be seen distinctly that the breath comes in from our nostrils and the exhalation occurring.

You take in and release long and deep breaths. During this, feel the breathing closely. When taking deep breaths, we implement the power of our left channel or Ida Nadi and when we leave out breathing, we implement the right channel or Pingala nadi. Repeat this process about 6-7 times.

After that, reduce breathing slowly. You will see that your thoughts gradually cool down. Your blood pressure and heartbeats also become normal. Now you are ready to achieve the state of meditation.

Put your right hand on your heart and put all your attention in your heart and with faith and politeness, repeat the prayer.

Note - Use your divine discretion in prayer at the time of meditation 'respectfully address Shri Mataji or according to the situation we can say 'O God' or 'O Mother Goddess')

Prayer – Shri Mataji, by your grace I am a pure soul (say 10 to 12 times in humbleness)

Place the right hand on the forehead and press it lightly, bend the forehead forward, pray humbly with all the attention on the limbic area.

Prayer – Shri Mataji, by your grace I have forgiven all. I also forgive myself (say 3-4 times politely)

After that, put the right hand on the limbic area and press it lightly and rotate the scalp 7 times in the clockwise direction so that the scalp should move slowly by the palm.

Prayer - Shri Mataji kindly offer me my 'yoga'. Give me my self-realization (7 times humbly)

After this, for some time, play classical music and concentrate on Sahastrara.

Finally, ask the teachers to experience Chaitanya with the right hand on the Sahastrara. Raise both hands straight in the air and ask yourself three questions.

Prayer - O God, is this your divine power?

Slowly take both the hands down and ask them to experience Chaitanya in their hands. Tell them briefly about the sensation that has come in their hands and the inner peace felt in meditation and solve their questions. After getting the status of meditation, stay away from the situation of additional analysis, additional discussion, and debate. Peacefully thank the school principal and teachers after finishing the program.

INTRODUCTORY PROGRAM FOR CHILDREN

(Duration 30 Min.)

Children, today I will tell you an idea how to become a hero amongst your friends.

Now who is known as a hero? Do you know?

The one who gets good marks in all the subjects in the class, who behaves most lovingly and who leads in studies as well as sports, dance, music, etc.

Due to his qualities, he is loved by teachers, parents and all the children of the school, he is called a hero. Which one of you like to become hero?

Good! Very nice! Here all the children wish to become heroes, I am going to tell you the trick, and you will listen, right?

Shri Mataji Nirmala Devi has told that this trick is, meditation.

How will you become a hero by meditating?

I will tell you a story. A story of the boy Dhruva. There lived a king, his name was Uttanapad. His two queens were Suruchi and Sumiti. Son of Suruchi, Uttam and Sumiti's son Dhruva. Once the 5-year-old Dhruva was sitting in the lap of his father, just then the queen Suruchi reached there and seeing the child sitting in the lap of the king, became very angry. She removed the baby Dhruva from his lap and made his son Uttam sit. The young child Dhruva went crying to his mother. His mother explained to him that "Son, you ask God for such a place, from where no one can separate you." The child Dhruva was very sad. Hearing his mother, he went towards the forest to meet God. But the child Dhruva didn't understand how to meet God? He sat in the shade of a tree. There came Narada Muni in a while. He saw the child Dhruva. He understood that this child is sad and has left home. Narada Muni went to him and slowly took all the information from him. He explained to him that he should go back home. But the boy was determined. He said "I will not return without meeting God. "Narada Muni asked him to meditate. He taught him how to do meditation and after that he went away. According to Narada, the child Dhruva started meditating daily. Pleased with Dhruva's meditation and firm determination, God appeared to him, he asked "Child, what do you want?" Seeing God, Dhruva became very happy. He told God what happened with him and said to Him, "God, give me a place from which no one can remove me." Pleased with the sweet words of the child, God placed him in the sky in the north direction.

Children, the bright star you see in the north is the Dhruva star. In this way, Dhruva meditated daily and found a stable position through meditation. If you want to become a doctor or a pilot, then it is possible. Now we will learn how to meditate.

Meditation : Both hands will keep in their lap. Keep eyes closed and sit in meditation (mind). Bring your attention in the middle part of the head (Limbic area).

Prayer: Shri Mataji please awaken my power.

Follow up session 1

Mooladhar Chakra

Children, there are centers of power in our body, from where we get power. From the first Shakti Kendra, we get wisdom. Children, today I will tell you a story.

Story of a very old time. Once Akbar was in the court. All the courtiers, pundits, ministers, and generals were sitting in the court. There was an atmosphere of laughters in the court. All were in joyous mood. Akbar too was very happy.

But there was one thing that Akbar did not like. All the courtiers in the court were very jealous of Birbal's decision. But no one could go against his decision.

They were very jealous of Birbal. But they could not muster the courage to speak in front of Birbal.

Akbar often prays Birbal even in his absence in the Court. The courtiers used to incite the emperor by provoking malice towards Birbal. But Akbar had great faith for Birbal's cleverness. Amidst the jokes going on in the court, Akbar made up his mind to test the court.

He told all the courtiers to calm down, and said - 'Listen carefully, you all have to answer one of my questions. Whoever will answer this question correctly will prove it, I will appoint him as my minister in place of Birbal.

Akbar said, 'Look, a great opportunity has come for all of you. With this, you can fulfil all your desires.

All the courtiers were very happy to hear this. Akbar then said, 'Look, you have to prove that thing made by man is good or made by nature.' All the courtiers got into thinking.

Akbar gave them a week's time and said that when the court takes place next Friday, you have to prove yourself best. All the courtiers went back their homes. Everyone was indulged in the same thinking how to prove the thing. But none was as clever as Birbal.

None of the courtiers could find a solution to this question. As per the schedule, the court was again set up on Friday. All the people sat on their seats. Birbal reached first.

Now the king asked everyone to answer the question one by one but all the courtiers, pandits, ministers stood up, bowing their head.

Akbar could not wait to ask Birbal. Birbal very cleverly replied, 'Jahanpanah! The answer is very simple', saying this he got up from his chair and went out.

Seeing this, courtiers started whispering. One started saying, "Hey, Birbal went out of the court instead of replying to Akbar". Akbar rested comfortably on his throne and waited for Birbal's arrival. Then an artisan brought a big bouquet of paper-made flowers in his hands and started giving the bouquet to the king. The king took the bouquet in hand and praised its beauty, and ordered the minister of his treasury to give a thousand gold coins to the artisan as a reward.

The artisan happily went out with the reward, then the gardener from Akbar's garden came and presented a big bouquet to the king. Akbar praised this bouquet then ordered his minister and said, 'the gardener should be given a hundred silver coins as a reward.' Listening Akbar's order, Birbal entered the Court immediately. As Akbar saw him he said, "Courtiers used to say rightly, I have given you too much importance that, without replying me you left the court." Birbal bowed before Akbar and answered, "O Great Emperor, I went outside to send those two artisans to you. How did you justify them? First one who brought paper-made flowers, was given thousand gold coins and the second one who brought natural flowers, was given only hundred silver coins?"

Akbar replied that 'the bouquet of real flowers will wither within 2 days and this paper made bouquet will never be spoiled'.

Birbal said, 'Then you too agreed that the man-made thing is better than the thing made by nature'.

Emperor Akbar was speechless. He appreciated Birbal's intelligence, he smiled and sat on his throne.

After sitting on the throne, Akbar once again praised Birbal open heartedly and all the courtiers sat quietly on their chairs. Once again Birbal managed to show his intelligence.

Attention: Close your eyes by placing both your hands on the floor.

PRAYER: Shri Mataji, please grant me wisdom.

Follow up session 2

Swadhishthan Chakra

Children, the second power center of our body gives us the power to concentrate. For this, today I will tell you the story of Eklavya. Eklavya was the son of the king of the country named Nishad. He aspired to attain mastery in archery. Guru Dronacharya's fame was spread everywhere. Eklavya came to Hastinapur on hearing his fame. He expressed his desire to meet Dronacharya. But Dronacharya was a Rajguru. He was responsible for teaching weaponry to Kaurvas and Pandavas. Therefore, it was not possible for him to teach anyone else. Eklavya was panicky on hearing this but his determination was firm. He had to learn archery from Guru Dronacharya, so he went to the distant forest to live in a hut. He made a statue of Guru Dronacharya under a tree and every morning he started practicing archery by bowing to that idol. He practiced all day with focused attention and within a few days he became an archer like Arjuna.

You must have understood that by practicing with a focused mind you can become a good student.

Meditation: Swadhishthan Chakra

With the left hand on your lap, you will keep the right hand on the middle Swadhishthan Chakra and close your eyes and sit quietly.

Prayer: 1. Shri Mataji, please grant me wisdom.

2. Shri Mataji, please focus my mind.

Follow Up Session 3

Nabhi Chakra

Children, the third power centre of our body gives us the power of contentment. Today we will tell you the story of Tukaram Maharaj. Tukaram Maharaj always used to live in trance.

He was a businessman. Trade was his ancestral business, but Tukaram could not think of anything other than his devotion to Vitthal. He was absorbed in devotion day and night.

He was never able to do business so he did not have any wealth.

Shivaji Maharaj had great reverence in Tukaram. Once Shivaji Maharaj came to meet Tukaram. A lot of time passed in Bhajan Kirtan. After having food, Shivaji Maharaj had to return. Shivaji Maharaj understood that Tukaram was living in great poverty. As soon as Raigadh came, Maharaj sent two carts full of wealth and grains to Tukaram Maharaj. What was in the carts? They had rice, jaggery and fine food items, beautiful clothes, lots of diamond gems.

Seeing all this, Tukaram's wife Aawadi became very happy. Tukaram Maharaja's son Upendra also became very happy to see the wealth. All the children and people of the village gathered, but Tukaram Maharaj was resolute. He asked the children what they would do with the items given by Shivaji Maharaj. It is better that they would distribute these items to all the children in the village. He said that all this money to keep it alone with himself and the rest of the village remains hungry, is not right. Distribute all this money to everyone and then turning to the carriage, he said to the rider that why did you bring all this jewels and money, why do we need all this? Where will we go after keeping all this? All of this suits to a king, so take these jewels and return them to the king.

Tukaram Maharaj returned the wealth to him despite being so poor himself. The reason is that he was very contented and satisfied, he had no greed for anything.

In this way, we too should be satisfied in what we have and should not crave anything.

Meditation: Nabhi Chakra

Ask to keep the left hand on your lap and the right hand on the nabhi chakra.

Prayer:

- 1 Shri Mataji, please give me wisdom.
- 2 Shri Mataji, please give me concentration.
- 3 Shri Mataji, please make me contented.

Activity: Understanding the Importance of Generosity

Example: When we have the power of satisfaction, we are happy to give our goods to others.

- Giving essential items to the needy
- Celebrating your birthday with poor children (orphanage).

Follow Up Session 4

Anahat Chakra

We get the quality of love from this chakra. We start living lovingly with all the people around us.

In the same way, we start loving every living being. We become fearless, like the queen of Jhansi.

Rani Lakshmi Bai was the queen of Jhansi. At the young age of 22, the responsibility of the entire state fell upon her, but Laxmibai did not step back.

At that time, India was ruled by the British. The movement started in India against the British. The British issued the order for Rani Laxmibai to leave Jhansi but Laxmibai firmly said, 'I will not give my Jhansi'.

She formed the army and women were also recruited in this army. The general public of Jhansi were also included in it. All were trained in war. The other kings, who were harassed by the British rule, also supported the queen. Jhansi was surrounded by the English army. The war lasted for about fifteen days and the British captured Jhansi. Rani Lakshmi Bai tied her son on the back and fought bravely.

Fearlessness and self-confidence was Rani's strength. Rani gave a hard hit to the British. An English officer said - "We won the war, but the real victory is that of Rani Laxmi Bai."

Thus by meditating daily you too can become fearless like Rani Laxmi Bai.

Activity: Ask a child to talk 2 or 3 minutes on a topic

In this way, explain the qualities of fearlessness and confidence.

Meditation: Anahat chakra

Ask to keep the left hand in your lap and the right hand on the middle heart.

Prayer:

1. Shri Mataji, please give me wisdom.
2. Shri Mataji, please give me concentration.
3. Shri Mataji, please make me contented.
4. Shri Mataji, please make me fearless.

Follow Up Session 5

Vishuddhi Chakra

This Shakti Kendra gives us the power of collectivity, we have a sweet voice, and thus talking sweetly we make many new friends. A good team gets formed and we easily do things that seems impossible.

Once a hunter laid a trap in the forest, in a while a group of pigeons sat on it and got trapped in it. Realizing that we are trapped, the pigeons tried a lot to fly, but to no avail, then the leader of these pigeons said, "It is better to try all together". All the pigeons together tried and they flew into the sky carrying the trap. The hunter kept watching in amazement. Going to distant mountains, the pigeons freed themselves with the help of rats.

Children, this is the power of collectivity. We can also get this power. We must meditate daily.

Activity: Call two or three children ahead and get them to do this activity. First ask them to break the wooden sticks one by one, then ask them to break the sticks together. Explain to children the importance of collective power.

Collectivity outdoor game: play DahiHandi

Meditation: Vishuddhi Chakra

Ask to keep the left hand on your lap and the right hand on the Vishuddhi Chakra.

Prayer:

1. Shri Mataji, please give me wisdom.
2. Shri Mataji, please give me concentration.
3. Shri Mataji, please make me satisfied.
4. Shri Mataji, please make me fearless.
5. Shri Mataji, please make me a collective.

Follow Up Session 6

Agnya Chakra

This power centre gives us the power of forgiveness.

Eknath Maharaj was a very quiet and forgiving person. He never used to get angry. Some people in the village used to make fun of him.

Once a poor man asked for a loan to the moneylender for the marriage of his daughter. The moneylender was sitting with his friends on the banks of the Godavari River. Eknath Maharaj came there to bathe. The Godavari River was considered as the Ganges. The moneylender did not want to give the loan amount a poor because he would not get the loan money back from the poor. He understood this, so the moneylender said to him, "If the person who is bathing in front of you gets angry with you. If you can annoy him, I will give you as much money as you want ". The poor man said, "It is very simple but how will you know that the person is angry?" The moneylender said, "Look, that person should be seen running to hit you with slippers." "Okay" The poor man began to wait for Eknath Maharaj come out of the river. As soon as Eknath Maharaj came out he spat on him. Seeing this, Eknath Maharaj was taken aback, but without saying anything he went to bathe in the river again. As soon as he came out, he spat on him again, Maharaj again jumped into the river. This happened many times. In the end, the poor person was tired. He said to Maharaj, "I spat on you so many times, yet you did not feel angry." On this, Eknath Maharaj said, "Because of you I have got the punya of bathing the Ganges so many times, it has only been my benefit. How can I get angry with you? "

In this way we too should forgive others.

Activity:

Strengthening this power centre using the sun's energy.

Greeting the sun at sunrise.

First look at the sun with the left eye and keep the right eye closed.

After this, see one to two minutes with both eyes.

After this, turn back and take the rays of the sun on the back of the brain.

Turning to the front again, look at the sun for 2 minutes.

Meditation: Agnya Chakra

Keeping the left hand in your lap, put the right hand on the Agnya Chakra and bend the head slightly, close the eyes and sit quietly.

Pray to the Sun:

Shri Mataji, please make me glowing / magnificent.

Prayer:

1. Shri Mataji, please give me wisdom.
2. Shri Mataji, please give me concentration.
3. Shri Mataji, please make me contented.
4. Shri Mataji, please make me fearless.
5. Shri Mataji, please make me collective.
6. Shri Mataji, by your grace I forgave everyone.

Follow Up Session 7

Sahasrara Chakra

This energy center is the main center of all our energy centers. Just like every room in our house has lights and switches, similarly this power center is a switch or main power center means the main button. Just as we can light all the lights of the house only after the main button is on, we get power from other power centers only when this main button (power center of the Limbic area / Sahastrar part) starts.

But this main button means to keep the power center of the Sahastrar open, we need to meditate every day or else this power center will be closed and we will not get any power, so there should be regularity in every case. You should play every day and should also study along with it, your health and study will improve better.

Children, now we hear a story:

Once a farmer and cloud quarrelled. Cloud said, "We will not get rain for few years, let's see how this farmer does farming." And then the clouds did not rain, but still the farmer used to plough the field every day.

The clouds wondered, "Why does the farmer run the plough even when there is no rain." One day, Cloud says to the farmer, "We will not make it rain then why do you run the plough in the field?" Then the farmer said, "If I do not work, I do not run the plough, then after a few years I will forget to plough, so I run the plough." Cloud understands his mistake and starts raining regularly. That is why we should study regularly, otherwise we will forget all that the teachers have taught us. Along with this, by meditating every day, we will also get all the powers.

Meditation: Sahasrara Chakra

With both hands on your lap, close your eyes and sit on the medial part of your head (mind).

Prayer:

1. Shri Mataji, please give me wisdom.
2. Shri Mataji, please give me concentration.
3. Shri Mataji, please make me satisfy.

4. Shri Mataji, please make me fearless.
5. Shri Mataji, please make me a collective.
6. Shri Mataji, by your grace I forgave everyone.
7. Shri Mataji, please give me all the powers.
8. Shri Mataji, please make me the best student.

**CONTENT FOR
STD.
III AND IV**

INDEX

Serial no.	Subject	Page no.
1	Introductory Programme (class 3 rd and 4 th)	30-31
2	Follow up – 1 Balancing the Channels	32-33
3	Follow up – 2 Introduction of Mother Energy and Seven Chakras	34-36
4	Follow up – 3 Mooladhar Chakra	37-38
5	Follow up – 4 Swadishthan Chakra	39-40
6	Follow up – 5 Nabhi Chakra	41-42
7	Follow up – 6 Anahata Chakra	43-44
8	Follow up – 7 Vishuddhi Chakra	45-46
9	Follow up – 8 Agnya Chakra	47-48
10	Follow up – 9 Sahastrara Chakra	49-50

Introductory Programme

[Duration 30 Min]

Respected teachers and dear children (greetings as per time). (Note - You can start the subject by hinting at the pictures of noble men hung around in the school premises.)

Children, do you all like to hear the story, then today I will tell you a short story of Dr. APJ Abdul Kalam. He was born on 15 October 1931 in a middle-class family in Rameshwaram, Tamil Nadu. His father was neither well-educated nor highly-paid. When he was studying in 5th grade, his teacher took him to the sea beach to show how birds fly. Seeing these birds, Kalam decided that in future he would opt for aeronautical science.

He had decided in 5th class what he wanted to become. He used to wake up at 4 o'clock and study. Due to lack of money, he stopped studying, but paid his school fees by selling newspapers. Growing up with strong will power, determination and perseverance, he also fulfilled his dream. Made missiles and rockets, so he is called as Missile Man of India. He became the well known scientist of India and then the President. He was honoured by the Government of India. He received many awards such as Bharat Ratna, Padma Vibhushan, Padma Bhushan, etc.

So kids, do you also want to grow up to be something? Maybe some of you want to become a doctor, police, engineer, teacher, and some may want to be a cricketer. You would also want to earn name as Dr. Abdul Kalam did, so that everyone should know about you. You also must become strong and good person. You know Sachin Tendulkar that he is called the king of cricket. But you know he was just like you in childhood. By working hard, with strong will and obeying the elders, he was able to achieve so much strength. Whatever the situation, everything is possible with strong will power. All of you can achieve what you want. People will respect you, praise you, love you all, but when? Only when your inner power awakens. When this power is awakened and you learn how to use it, then you too can become the hero of your life.

Like how much your mother takes care of you. Keeps you healthy, makes you study, she works hard for you. She scolds you for your bad habits so that you learn to keep away bad habits. In the same way this energy also takes care of us as a mother, so we call it Mother Energy. This power takes away all the bad habits without scolding and inculcates good habits within us. It gives us strong will power for what we want to be, makes us strong. It makes us a genuine and brave. It teaches us to love others and forgive them if they make mistakes.

Because of this we improve our memory power which improves our calibre to study.

But how will this power be awakened? It has a trick. Do you all want to learn this trick? You are seeing this photo, right? She has taught this trick. Her name is Dr. Nirmala Srivastava. She is known by H.H. Shri Mataji. Shri Mataji used to help Her mother when She was of your age, She studied and as well as played. Shri Mataji was a badminton champion. Shri Mataji's father used to assist Gandhiji.

At the age of only seven, She gave a speech in front of many people. Staying in Gandhiji's ashram, she used to wake up at 4 in the morning and pray. Gandhiji used to work for the country to get freedom. Shri Mataji also studied a lot to become a doctor. Later Shri Mataji discovered this trick with Her hard work and penance.

So let's learn this trick today too. So that our mother energy gets charged as how we charge the mobile, just like that.

So, to learn the trick of charging this mother energy, first keep your eyes opened and then close the eyes. First of all, keep both hands in the lap and sit quietly. Then your left hand will remain in the lap and the right hand will be placed on the heart and We will pray in your heart, "Shri Mataji, I am a soul" (thrice). Then he We will pray with the right hand on his forehead and bow his neck, "Shri Mataji, I have forgiven everyone" (thrice). Then, with this right hand on the fontanelle bone area, the clock will rotate round the clock, praying in the mind, "Shri Mataji, please awaken our mother energy". (Also ask to repeat)

While doing this method our eyes will remain closed. Then keeping attention on the Sahastrar sit for 5 minutes. By doing this our mother energy will be charged. You will feel it in the form of cold cool air on the limbic area, palms of hands. Now, as we have to charge our mobile also, our mother energy has to be charged with this method in the morning and evening.

You all enjoyed it, didn't you? So all of you will promise us to repeat this trick, this meditation also at home. This is your homework.

Follow Up 1

Balancing the Channels

[Duration – 25 Min]

Respected teachers and lovely children (Greet the children as per time)

Kids, everyone has heard about the Olympic Games. They gather for the Olympic Games in different countries. The winner is awarded the Gold, Silver and Bronze Medals.

The first person from India who got the Olympic medal was named Khashaba Jadhav who is from Satara district of Maharashtra. Today we will hear his story.

Khashaba Jadhav was born into a poor family. Everyone in his family loved to play wrestling. His father was a wrestler himself. His father used to take him to wrestling since he was 4 years old. He landed in the arena for the first time at the age of 10. He also used to study. He won a lot of wrestling events when he went to college. He was sent to wrestle at the state and national level. After winning both matches, Khashaba was sent to the Olympics. When he first went to the Olympic Games, wrestling was played on the mat but Khashaba used to fight in the soil. Despite such a big problem and adverse situation, he came to the sixth position.

He did not lose courage. After 4 years of intense desire to play in the Olympics, he wanted to go back to play again. But to go there, he had no money. Then the principal of his college gave him money and the villagers also helped.

Khashaba then won the first medal at the Olympic Games for our country. He was welcomed by everyone after winning the medal.

From this story we learned that if we persevere and persevere, we will surely get success. If we want to be successful as well, then we must have strong desire and we must pray.

For example, if someone wants to become a doctor but does not wish to study, and sometimes I wish that I have to study, but I have not accepted it, I have not sat down to study, then how will I become a doctor? Whatever you want to become, you have to have strong will and hard work.

Explain by showing chart -

We have strong will power on our left channel. If your left channel is strong then only strong desire will be created. And the power to exert strength is on our

right channel. If your right channel is strong, then you will be able to perform pure actions.

Only when both our nadis are pure, our mother energy is able to rise above in our middle channel. If any single channel is weak, then the imbalance will occur and our mother energy will not be charged. So come, today we learn to strengthen and balance both the nadis.

First we will understand the steps to strengthen these channel by opening the eyes and later we will repeat these steps by closing the eyes.

First of all, sit peacefully with both hands open in the lap. Then to strengthen the left channel keep left hand on the lap and the right hand on the ground. We will pray, 'Shri Mataji, please give me pure will power. After some time the right hand will be kept in the lap. Now to strengthen the right channel, you will bend the elbow of the left hand, raising the palm backwards towards the sky. We will pray 'Shri Mataji, please balance my right side.

Keep both hands in your lap. Now the left hand will remain in the lap and keep the right hand on the heart and pray, 'Shri Mataji, I am pure and holy soul'. "Then put your hand on your forehead and bow and pray," Shri Mataji, I forgave everyone." 'In the end, with this right hand on the limbic area, pray,'Shri Mataji, please awaken our mother energy'. Keeping attention on the limbic part and hands on the lap, sit for sometime.

Now get the children meditated in the manner mentioned above. Finally, with both hands joined, thank Shri Mataji.

Activity - Ask children to stand on their left leg. After some time ask them to be normal. Then explain to them that on one leg we can stand for a very less time and we cannot do any work by standing on one leg. Rather, we can stand and work on both legs for a longer time. Explain the importance of balance to children.

Follow Up – 2

Introduction of Mother Energy and Seven Chakras

[Duration – 25 Min]

Respected teachers and lovely children. (Greet the children as per time)

Today we will tell you an interesting story. Listen carefully. Once God holds a meeting and calls all animals and birds. God says, "My image, which is my power, I have to hide it somewhere so that human cannot find it anywhere. All the animals and birds start thinking. Then the eagle said," God, give me this power, I fly very high, so I will hide it in the sky. "

God said, "Oh no, man has reached the moon. He will find it." Then the fish said, "God, give me this power, I will take you into deep water and hide it." Then God said, "No, human will reach there through submarine."

Then the mouse said, "God, why don't you give me this power? I will hide very deep inside the ground." In this way all the animals and birds gave their suggestions.

Finally, a turtle came slowly and said, "God, one of the human's specialty is that he always sees the other person. Never looks within himself, you hide this power inside the human being."

Then God said, "Yes, that's right. I will hide this power within the human being."

So children, from this story we learned that the power of God is not somewhere outside, but within us.

So you can see this power in the chart. (Showing human figure) This is the middle channel which gives us balance. This power is hidden in this triangular bone, which we call Mother Energy. This is the Source of Energy. In Sanskrit, we also call it kundalini Shakti as it is in the shape of the kundal or coil. You heard about this energy in the last session. How it removes our bad habits and strengthens our three channels and keeps us in balance.

Today we will know about this middle channel. You see some 7 flowers on this middle channel. These seven flowers have different energy hidden, which give us different qualities. When Mother Energy is awakened, then the powers of these seven chakras begin to awaken in us.

The first is the Mooladhara Chakra, the second is the Swadhisthana Chakra, the third is the Navel Chakra, the fourth is the Heart Chakra, the fifth is the

Vishuddhi Chakra, the sixth is the Agnya Chakra, and the last is the seventh Sahasrara Chakra.

This mother energy strengthens our seven chakras and three nadis and also gives us protection. It gives us protection like our mother. When you go out, the mother grabs your hand, doesn't let you fall, and doesn't let you hurt. In the same way, Mother Energy protects us in every way.

When does this mother energy protect us? When we do regular morning and evening meditation. Only when meditating, it gives us protection and qualities of chakra. Mother Energy safeguards and protects us. Mother energy provide a protective shield around us. How does it make the protective shield ? We will learn this method in an activity. Today we will do activity first and then meditate.

Activity: Place the palm of your left hand in front of Mother Energy and rotate around over your head with the palm of the right hand, wrapping it from left side to right side. Gently wrap both the hands around the palm of the left hand and move it upwards slowly. Tie an imaginary knot with both hands by bringing it over the Sahasrara (fontanelle bone area). Place the head slightly backwards. Recite the poem while doing so. Uppy Uppy Uppy mother kundalini one. Repeat this process again and tie another knot. Sing poem Uppy Uppy Uppy mother kundalini one, two.

After doing this process again, tie three knots for the third time and sing poem Uppy Uppy Uppy mother kundalini one, two, three.

Placing the left hand in the lap, make seven times the shield around the body with the palm of the right hand. So we lift the left hand above the head to the right side and raise the right hand above the Sahastrar to the left side. In this way, the shield has to be made seven times. Sing this poem seven times while making the shield.

Mooladhar, Swadhisthan, Nabhi Void, Anahat, Vishuddhi, Agnya, Sahastrara.

(In this way make the activity of forming bandhan with children)

Bandhan must be taken before going out of the house to protect yourself and before and after meditation.

Now we will meditate.

First of all, keep both hands in the lap and sit in peace. Now we all will form the 'bandhan'. Open both your hands in the lap and sit quietly with your eyes closed. Will put the palm of the left hand in the lap and the palm of the right

hand on the mother earth. Pray in your heart, "Shri Mataji, please give us pure will power." Then put the right hand in the lap and bend the left hand from the elbow and palm back towards the sky. Pray here, "Shri Mataji, please balance my right side." Put the right hand back in the lap.

Now keep the palm of the left hand in the lap, put the palm of right hand on the heart. One has to pray, "Shri Mataji, I am a pure soul."

Putting this hand on the forehead, you have to bow your head and pray, "Shri Mataji, I have forgiven everyone."

Place this right hand on the middle part of the head. Pray, "Shri Mataji, please awaken my mother energy." Keep full attention on the fontanelle area and keep both hands in the lap. Now meditate for 5 minutes. Take bandhan again.

Prayer: Shri Mataji, please give me ability of pure and power of righteous action.

Follow Up – 3

Mooladhar Chakra

[Duration- 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Today we will tell you the story of Akbar and Birbal.

In the court of Emperor Akbar, one of the great pundits of South India came in the evening. When the courtier sent a message to Emperor Akbar, the emperor said, "It is time for the court to close, but cannot disappoint anyone, so let the Pandit come."

Panditji told the emperor, "I have to ask you some questions." The king said, "Well, our minister Birbal will answer." Panditji said to Birbal, "You have two ways, either answer 100 easy questions, otherwise answer one difficult question."

Birbal replied using discretion, "Your Majesty cannot sit for long, you have to finish the court. You ask a difficult question."

Panditji said, "Tell, who came first, the egg or the chicken?" Birbal immediately replied, "Chicken". Now before Panditji asked anything, Birbal said, "Panditji, you asked a question, you cannot ask the next question." Panditji left disappointed.

So from this story we learned how we should answer with our cleverness, prudence, intelligence.

Just like Birbal had the wisdom to do the right thing at the right time, the right thing to say, we can also have such wisdom. Besides this, our memory power is also improved. Therefore, during the exam you remember everything what the teacher has taught you. All these qualities are awakened when our first flower, Mooladhara Chakra strong. So come, today we learn the trick to strengthen our first power center.

So now you have to sit in peace with both hands in the lap. First keep the eyes open. Learn what this trick is. Then close the eyes and using this technique in meditation, we will strengthen our Mooladhara Chakra.

First of all, we will form 'bandhan'. Open both your hands in the lap and sit quietly with your eyes closed. Put the palm of the left hand in the lap and the palm of the right hand on the mother earth. Here one has to pray, "Shri Mataji, Please strengthen my left channel." Then put the right hand in the lap

and bend the palm of the left hand from the elbow and back towards the sky. Here you must pray, "Shri Mataji, Please strengthen my right channel."

Then put the left hand in the lap and put the right hand on the Mooladhara Chakra to strengthen our first power center. Sit on the palm of right hand and left hand in the lap. We will pray for strengthening the Mooladhara chakra, "Shri Mataji, please grant me wisdom. Give me memory power. Give me purity. (Repeat prayer three times)

Then put your right hand on the head and pray, "Shri Mataji, please awaken my mother energy. Please sit quietly for 5 minutes meditating on the fontanelle area. Then finally form bandhan.

After the meditation get the activity done by the children.

Activity:

Make any memory game activity. Like (missing items) some things like pen, pencil, box, book, duster, colour, chock etc. should be shown to the children for 10 seconds and ask them to remember these things.

Later cover all the things with cloth, remove 2-3 items and hide them.

Then show the remaining items back to them and tell them to remember those things which were there before and are not there now.

Follow Up – 4

Swadhisthan Chakra

[Duration- 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Children, we will tell you a story of ancient time when schools were known as ‘Gurukul’.

Just like your teachers know amongst you that who studies well, whose drawing is good and who is good at sports. In the same way during old time, in the Gurukul, the Guru knew who among his disciples is the best in moving the bow and arrow. You all must have heard the story of Pandavas in Mahabharata. Pandavas' guru was Dronacharya. One day Guruji said that Arjun is the best disciple. Hearing this, the other disciples said to Guruji, "Why is Arjun the best?" So Guruji said, "Let's take a test, everyone will know who is the best."

Guruji said that there is an artificial bird on this tree, whose eye will be your target. You have to strike it with your arrow. All of them were ready. A disciple came. His name was Yudhishtira. Guruji said, "Go aim and tell me what you see." Yudhishtira said, "I can see the sky and the earth." Guruji called another disciple named Duryodhana. He said, "I see an artificial bird hidden in the leaves." Then on calling a disciple named Ashwatthama, he said, "Guruji, I see your holy feet, the tree and the artificial bird hidden in the leaves." After that Arjun's turn came. Arjun said, "Guruji, I can only see the bird's eye." Guruji was happy and said, "Shoot the arrow."

All the disciples realized that their goal was going astray. Guruji explained to everyone that the best archer should not see anything except his goal.

Children, we learned from this story that we should never deviate from our goals else we will never be able to become superior.

If our goal is not focused, then our memory power will also not be good. Just as your goal is to study, bring good marks but if TV is on, then your attention is distracted while studying. Under no circumstances should your attention be distracted while studying. If the concentration is not good then we forget and do not remember in the examination. Sometimes when they come to school, they forget the books, forget the things.

Creativity is another quality of this chakra. If we want to become good in studies as well as in other things like drawing, painting, dancing, singing, sports, etc. then we should have creative skills.

So how can we get all these qualities like concentration, sharp memory, creativity? These will be found only when our second Shakti Kendra the Swadhisthana Chakra gets strong.

So, today we will learn the trick to improve creativity, to improve memory, to improve creativity.

First of all, keep both hands in the lap and sit quietly. Keep your eyes open to see what the trick is. Then we will follow this trick in meditation and strengthen our Swadhisthana Chakra. First of all, we will form bandhan. We will pray for balancing. Then the left hand in the lap and the right hand on the first flower i.e. Mooladhara Chakra We will pray, "Shri Mataji, make our Mooladhara Chakra strong." Then you we will pray with our right hand on the middle Swadhishthan Chakra, "Shri Mataji, kindly make us creative, make our attention stabled and peaceful." (Pray 3 times) Then put this right hand on our fontanelle bone area and pray, "Shri Mataji, kindly awaken our mother energy."

Then, focusing on the fontanelle bone area, keeping their hands in the lap, children will sit for 5 minutes. Finally form the bandhan.

Close the eyes with the above method and get the children into meditation and after that get an activity done by them.

Activity:

Paint / colour a picture.

Follow Up – 5

Nabhi Chakra

[Duration – 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Today we will hear a story of birds. A crow was very happy about his beauty. One day he saw a swan which was completely white in colour. The crow became jealous and started thinking how beautiful the swan is. It is the happiest bird. He went to Swan and said, "How beautiful you are and happy. Swan said," I used to think the same until I saw the parrot. He has two colours. He is the most beautiful and happy. "

The crow then went to the parrot and said, "You have two colours. You are the most beautiful and the happiest." The parrot said, "I used to think that I live in bliss, but when I saw the peacock, I was sad, it has many colours and it is the most beautiful bird."

Hearing this, the crow went to see the peacock. He was locked in the zoo. Thousands of people used to come to see him every day. Seeing this, the crow said to the peacock, "You are a very beautiful bird. The whole world comes to see you. You are the happiest in the whole world. The peacock said," I thought the same but my beauty imprisoned me in the zoo. For the last few days, I had been thinking that if I were a crow, then I too could happily fly all the ships and live in peace and joy.

Children, we learned from this story that we should never compare. When we make unnecessary comparisons, we are sadder than others.

In school, if we continue to be unhappy after comparing ourselves to others, then we waste our time. We should study peacefully and confidently. So that our time should not be wasted and also not be unnecessarily sad.

Moral of Story -

Children, we should also learn to share things. We should be generous. Only then can we live in satisfaction and enjoyment.

So children, these qualities of sharing, generosity, not to be jealous of anyone, remain contented and calm, we get from the third flower (Shakti Kendra). When our nabhi chakra gets strong only then these qualities will awaken in us. So, let's learn the trick to strengthen the nabhi chakra.

Method of Meditation- First, keep both the hands in the lap and sit calm. Form bandhan first. Get children to do breathing exercises. Then get the balance done. Then put the left hand in the lap and the right hand on the middle nabhi chakra. We will pray, "Shri Mataji, make our nabhi chakra strong. Make us satisfied, generous and calm. Then right hand will be put on our fontanelle bone area and pray, "Shri Mataji, kindly awaken our mother energy." Then meditate on the Sahastrar, keeping your hands in the lap and sit for 5 minutes quietly.

Activity:

In order to develop a sense of sharing among children, encourage them to go to orphanage and hostel to poor children for possible help. Similarly, encourage children to give gifts on poor children's birthdays.

Follow Up - 6

Anahat Chakra

[Duration- 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Children, today we will tell you the story of Dr. Abdul Kalam, the great scientist and 11th President of the country. Children, you all know about the missile man Abdul Kalam. Today, we will tell you briefly about how those missiles are made. India's first missile 'Agni' was to be launched into space. But were failing again and again. Frequent failures and tests of Agni missile became controversial in the newspapers. No country was ready to understand this. People were anticipating the delay in different ways.

An advertisement company made an advertisement of Amul Butter by making mockery to use Amul Butter as a fuel to fire the Agni missile. With such news and repeated failures, his team's morale also started to lower. But Dr. Abdul Kalam's team did not give up. Dr. Kalam did not get upset, he did not mind the talk of people and continued his work.

One day, Dr. Kalam addressed 2000 members of his team and said in the meeting "We must not give up. We have got a great opportunity. Along with all the big opportunities there are big challenges. We will not give up." We have to do something for our country. "And he promised that the missile would be launched in the next test.

His entire team was filled with energy after listening to the speech. Everyone worked with full vigour, confidence. Finally, on May 22, 1989, a test was held in front of the Defence Minister, the Army General and dignitaries. 'Agni' was tested at 7.10 am. Years of hard work brought colour without any problem and hindrance. India's first missile was launched into the sky. Dr. Kalam worked very hard with perseverance. He worked fearlessly and launched the first missile and became a missile man.

Children, we also should not be afraid. We should face problems with confidence, we should not be disappointed either. Even if you are unsuccessful in reaching the goal, you must not lose confidence and must work hard with more confidence to achieve the goal.

Lack of confidence makes us afraid of darkness, afraid of examination or afraid of performing on stage. To raise the confidence we must strengthen our 4th Flower (Shakti Kendra). All these qualities can be attained. We will tell you

another such true story. It is a matter of 14 June 2013. A girl named Mahika Gupta lived with her family in Kedarnath. One day suddenly she was caught in flood. The flood waters were flooded all around. Mahika was neither seen by her parents nor relatives, but she heard the cry of her 4-year-old younger brother. Mahika did not know how to swim. In the water, she was hurt by the stones. But with great courage, in the strong gush of water, she found her brother and dragged him to a safe place. For hours, she kept her brother clenched tightly. As soon as she saw the light, she waved for help. After that both of them were saved. With her strong determination at the right time, Mahika protected herself and her brother's life.

So children, this story inspires us to face any difficulty with courage and act righteously at the right time.

So come, today we will learn the trick to strengthen our 4th flower heart Chakra.

Now you have to sit in peace with both your hands in the lap. First learn this trick by keeping the eyes open. Then by closing the eyes and using this technique in meditation, we will strengthen our heart chakra.

First of all, we will form bandhan. Then by placing the left hand in the lap and placing the palm of right hand on the earth, We will pray, "Shri Mataji, please strengthen our left channel." Then the right hand will be placed in the lap and by turning the elbow of the left hand, the palm will turn towards the sky. Here We will pray, "Shri Mataji, please strengthen our right channel."

Then we will put the left hand in the lap and put the right hand on our heart chakra to strengthen our fourth power center. We will pray, "Shri Mataji, please make us courageous, fearless. Please give us confidence." (Repeat 3 times)

Now keep right hand on Sahastrar chakra and pray, "Shri Mataji, please awaken my mother energy. Sit for five minutes. Form Bandhan. After this get the activity done.

Activity: Come in front of the children and ask them to sing some action song, Poem, or give speech, or get any such activity done.

Follow Up – 7

Vishuddhi Chakra

[Duration- 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Children, today we will tell you the story of a pigeon and a hunter. There was a huge tree in a forest. Many pigeons lived on that tree. One day, a hunter came to the forest. Seeing so many pigeons, he thought, there are many pigeons here, laying a trap and throwing grains, I will catch them all. One of the pigeons sitting on the tree looked down at the grains. He said to all the pigeons, "Look, there are so much grains below, let's all eat together." All the pigeons came down to eat and caught into the trap. All the pigeons began to panic in the fear of the hunter. Everyone started getting upset. Now what to do? How did you get out of the trap? Then the king of pigeons said, "Don't panic, I will think of some tricks." The king of pigeons started thinking and then said, "Why don't we come together and fly with this net with our collective strength, let's try, the hunter is about to come." All the pigeons tried with full force. And they flew away with the trap. The hunter was amazed. The king pigeon's friend, a rat, lived in the field just a short distance away. The pigeons stepped down carrying the trap and the rat cut the trap. The pigeon thanked the rat. In this way, pigeons again found new life.

So children, do you see how much power there is in unity? Doing any work together makes it easy.

So we all should work together. Participate in a group activity and support friends. Team work should be done. In a team work we must support each other and work together. If we fight we cannot win. We should not even speak bad words. You should talk to everyone with love. Only then everyone will support us. If you speak bad words, quarrel, then no one will like us and we will be left alone.

Strong communicative skill and collectiveness is blessed to us when our Vishuddhi Chakra is empowered. We are also blessed with compassion and sweetness of speech. When our 5th flower becomes strong, then all these qualities are awakened within us.

So come, today we will learn the trick to strengthen our 5th flower.

So now you have to sit peacefully with both the hands in your lap. First learn these tricks by keeping the eyes open, then close the eyes and strengthen the vishuddhi chakra with this technique.

First of all, form bandhan. Then by placing the left hand in the lap and placing the palm of right hand on the earth, We will pray, "Shri Mataji, please strengthen our left channel." Then the right hand will be placed in the lap and by turning the elbow of the left hand, make your palm towards the sky. Here We will pray, "Shri Mataji, please strengthen our right channel."

Then we will put the left hand in the lap and put the right hand on our vishuddhi chakra to strengthen our fifth power center. We will pray, "Shri Mataji, please make us collective, teach us to speak sweetly and lovingly." (Repeat 3 times)

Then, with right hand on the fontanelle bone area, concentrate on Sahastrar and pray, "Shri Mataji, please awaken our Mother Energy." Then 5 minutes we will sit meditating peacefully. We will finally form bandhan.

After the above mentioned method of meditation, you will get the activity done.

Activity - To understand unity in diversity, take some match sticks or small sticks. Make them bunch. Give a matchstick to children and also bunches made of matches.

Now ask the children to break a match. Children will break the match easily. Then ask them to break that bunch. The bunch will not break with any force put by them.

Thus, explain to them the importance of being collective, that by living together no one can break us.

Follow Up – 8

Agnya Chakra

[Duration – 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Children, today we tell you the story of two goats.

There were two goats. One black and one brown. There was a brook near the village, there was green grass on either side of the brook. But both the goats used to graze the grass on this side of the brook.

One day a tree fell on the brook. It became like a bridge over the brook. From the pulleys, both goats used to come from one side of the brook to the other. Once upon a time, the brown goat said, "Eating the green grass on the other side of the brook will be a lot of fun." Then the black goat thought for a while and said, "Let's eat the grass on the other side." They had to cross the brook. Both the goats walked away on the bridge. The bridge was very thin, only one goat could go across it. When both the goats reached the middle of the bridge, they started thinking what to do now. Only one goat can go from here. The brown goat said, "I will sit down, you move away over me." Hearing this, the black goat sat down and said, "Move away over me." The brown goat slowly set foot and jumped over the black goat to the other side.

The black goat got up and stood up. The brown goat said thanks and the two goats passed the bridge.

Children, if both the goats would have fought, that I had to go first, why should I bow down, no one could cross the bridge and the place was so hard to go back. If both of them would have got angry, quarrelled and did not compromise or adjust, then both of them would have fallen into the brook and died. They would have lost their lives.

So children, by quarrelling, being arrogant, angry we only lose. Just as the black goat showed tolerance and let go of the brown goat over it, we should also be tolerant, forgive everyone, and should never be angry.

We get these qualities only by strengthening the Agya Chakra.

So let's learn the trick to strengthen our 6th flower.

So now you have to sit with both the hands in the lap in peace. First learn these tricks by keeping the eyes open, then close the eyes and strengthen the agnya chakra with this technique.

First of all, form the bandhan. Then by placing the left hand in the lap and placing the palm of right hand on the earth, We will pray, "Shri Mataji, please strengthen our left channel." Then the right hand will be placed in the lap and by turning the elbow of the left hand, the palm will turn towards the sky. Here We will pray, "Shri Mataji, please strengthen our right channel."

Then we will put the left hand in the lap and put the right hand on our agnya chakra(forehead) bending the head a little, we would slightly press our forehead with our hand to strengthen our sixth power center and pray, "Shri Mataji, please teach me to forgive, make me tolerant." (Repeat 3 times)

Then, with right hand on the fontanelle bone area, concentrate on Sahastrar and pray, "Shri Mataji, please awaken our Mother Energy." Then 5 minutes we will sit meditating peacefully at the fontanelle bone area. We will finally form the bandhan.

After the meditation, you will get the activity done.

Activity - Ask the children to put their right hand on the Agya Chakra and say that people or friends whom you are angry with, forgive them and say, "Shri Mataji, I have forgiven everyone."

Follow Up – 9

Sahastrara Chakra

[Duration – 25 Min]

Respected teachers and lovely children. (Greet the children as per time).

Children, today we will tell you the story of the farmer and cloud.

Once a farmer and cloud quarrelled. The cloud says, "I will not bring rain for a few years, let's see how this farmer does farming." And then the clouds did not rain, but still the farmer used to plough the field every day.

The cloud wondered, "Why does the farmer plough even when there is no rain." One day, Cloud says to the farmer, "I will not bring rain then why do you run the plough in the field?" Then the farmer said, "If I did not work, I did not run the plough, then after a few years I will forget to run the plough, so I run the plough." Cloud understands his mistake and starts raining regularly.

Children, if we do not do anything regularly, then we forget. We have to regularize studies and regularize meditation.

For example a room has different switches, but if the main switch is turned off, will the light up? But if the main switch starts then we will be able to light the room.

In the same way, our main switch is in our body, our 7th flower i.e. (Shakti Kendra) Sahasrara Chakra.

If the Sahasrara Chakra is strong, open, then we get the qualities of all our flowers. Sahasrara Chakra 7th flower will be strong only when we meditate regularly.

There is only one strong trick to strengthen the 7th flower. That is regular meditation in the morning and evening. When we do regular meditation on the fontanelle part in the morning and evening then we receive the quality we need. As we grow up, whatever we want to become, we get the power to achieve that goal.

So come, now we concentrate on the 7th flower.

So now you have to sit with both hands in the lap in peace. First learn these tricks by keeping the eyes open, then close the eyes and strengthen the sahasrara chakra with this technique.

First of all, form the bandhan. Then by placing the left hand in the lap and placing the palm of right hand on the earth, We will pray, "Shri Mataji, please strengthen our left channel." Then the right hand will be placed in the lap and by turning the elbow of the left hand, the palm will turn towards the sky. Here We will pray, "Shri Mataji, please strengthen our right channel."

Then we will put the left hand in the lap and pray on our seventh Shakti Kendra on the fontanelle bone area, and pray, "Shri Mataji, please awaken our Mother Energy. Strengthen our Sahasrara Chakra."

Activity - Tell the children that all the steps they have learned in meditation so far, they should come out and tell us without our help (Sahajayogi).