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## TERM 3

Dear Families,

Thank you all for another wonderful term together. We hope that everyone is having a wonderful break, and we look forward to an exciting final term for 2022. Term 3 has been another opportunity to be around like-minded people, learning from our Gurus, sevaks and each other. May our journey together continue to be rich with impactful, practical and fun spiritual lessons, so we may lead fulfilling, happy lives, and uplift all we touch. Our newsletter includes highlights of our time together during Term 3. Have fun reading the articles & watching the videos at the end of each class update.

We look forward to seeing you all in Term 4, which commences 8<sup>th</sup> October 2022.

# SHISHU VIHAR



Hari Om all,

We welcomed our Shishu's this term at an earlier start time to the previous terms, as we gradually go back to our pre-Covid class duration. It was great to have kids for longer so they could enjoy the activities for longer. We thank the parents for accommodating this change in schedule.

Term 3 is always special with several great events such as Raksha Bandhan, Krishna Janmashtami, Ganesha Chaturthi to name a few, with a few group classes where kids engaged in making Rakhi to celebrate Raksha Bandhan, made a card for Krishna Janmashtami as we all practiced



bhajans to perform at our Ganesha Chaturtji celebration at the Dham. We loved dressing up in traditional attire that was colourful and made the events more memorable and enjoyable.



We started our term by learning about one of the significant avatars of Bhagawan Vishnu as Lord Sri Rama, born during Treta Yuga. We learnt how Sri Rama was born to King Dasharatha and Kausalya through Yagna and also learnt about his brothers Bharata, Lakshmana, Shatrugna born to Kaikeyi and Sumithra. We learnt how Sri Rama was a devoted son, noble ruler and set an example as Purushottama. We also learnt how Sita was born, and she was so strong that she could lift the bow given by Lord Shiva. We learnt how truth and Dharma prevailed when Sri Rama along with Hanuman and other vanaras defeated Ravana.

Our sadhana was "Sri Ram, Jai Ram, Jaya Ram" and we offered our prayers to Sri Rama by chanting "Ramaya Rama Bhadraya, Rama Chandraya Vedhase. Raghunathaya Nathaya Seetaya Pataye Namaha".





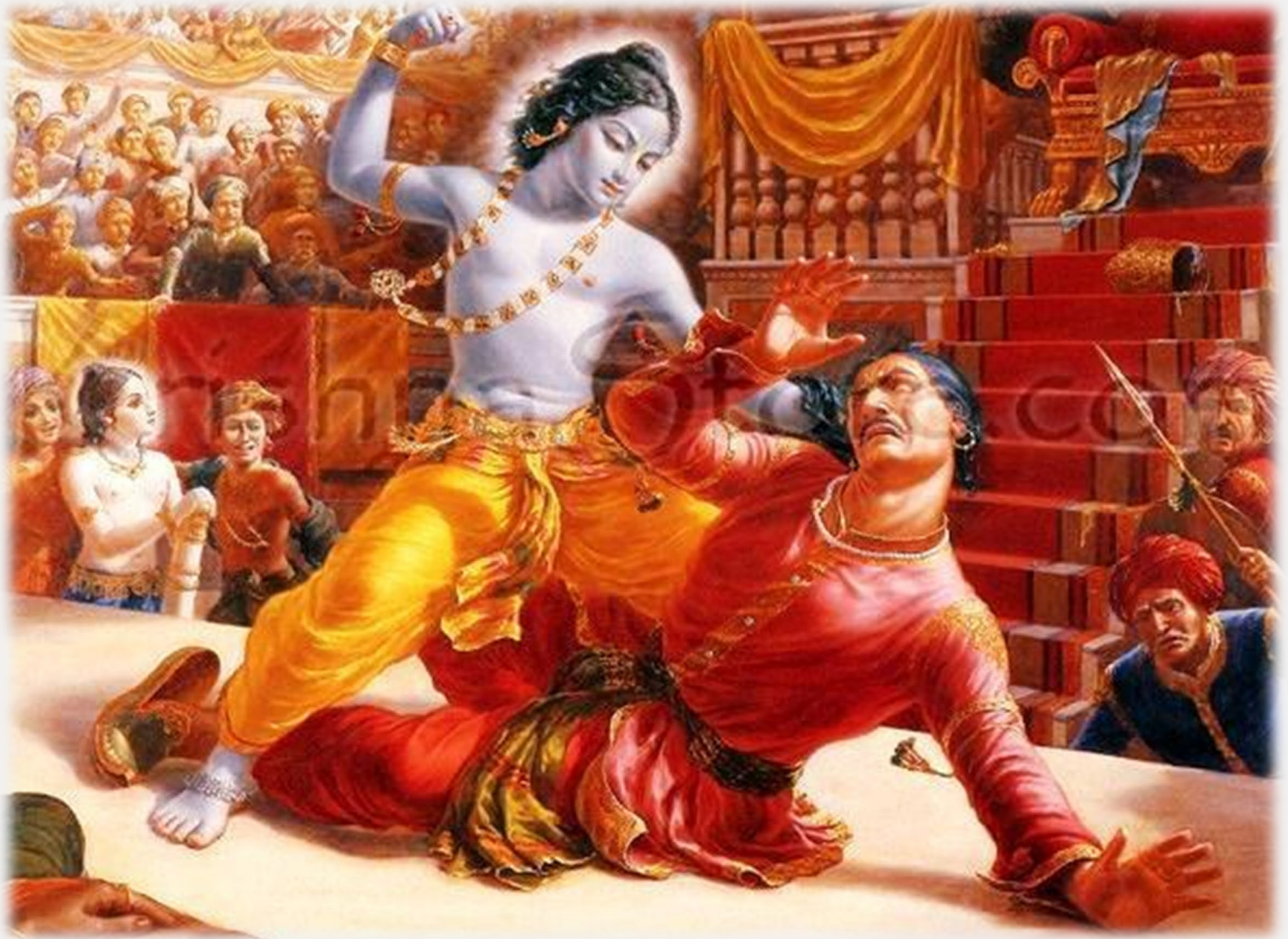
We continued our term 3 by learning about Sri Krishna born in Dwapara Yuga on Asthami to Vasudeva and Devaki. Vasudeva saved Krishna from his evil uncle Kamsa who had a plan to eliminate Devaki's 8th son, by taking him to Vrindavan ruled by Nanda maharaj and Yashoda.

Krishna displayed his naughty side by stealing butter and thus being called Makhanchor Krishna.



We learn how he saved Mathura from all the demons who attack him due to instructions from Kamsa. Krishna mesmerises the whole of

Vrindavan by playing his flute and his charm.





We learnt how Sudhama, who took Poha (beaten rice/Avalakki) to visit his best friend Krishna, was helped without him asking for help. Krishna whose presence makes win battles helped Arjuna, one of the Pandavas in Mahabharata war. Our salutations to Geetacharya who gave us Bhagavat Geeta. We prayed to Krishna by singing "Vasudeva sutam devam, Kamsa chanura mardhanam; Devaki paramanandam Krishnam Vande Jagatgurum".

Chinmaya Mission - Point Cook team had an opportunity as torchbearers this year for the Ganesha Chaturthi Celebrations and kids from various classes participated in several events that was organised at Dham in Templestowe on Sunday 4th September.

Our Shishus participated in bhajan practice and gave a spectacular performance at the event. We welcomed Ganesha wholeheartedly, prayed to him by singing bhajans, offering him delicious food and doing visarjan to welcome him again next year. We hope everyone had a great term and enjoyed the celebrations like we did. We look forward to welcoming our kids in Term 4, learning, playing and praying together.

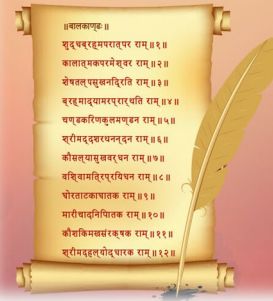
Hari Om.



# BV PREP & YEAR 1

Hari Om everyone,

What a busy term 3 it was with all the festive season and our centre taking the lead on Ganesh Visarjan which was a great success. We thank

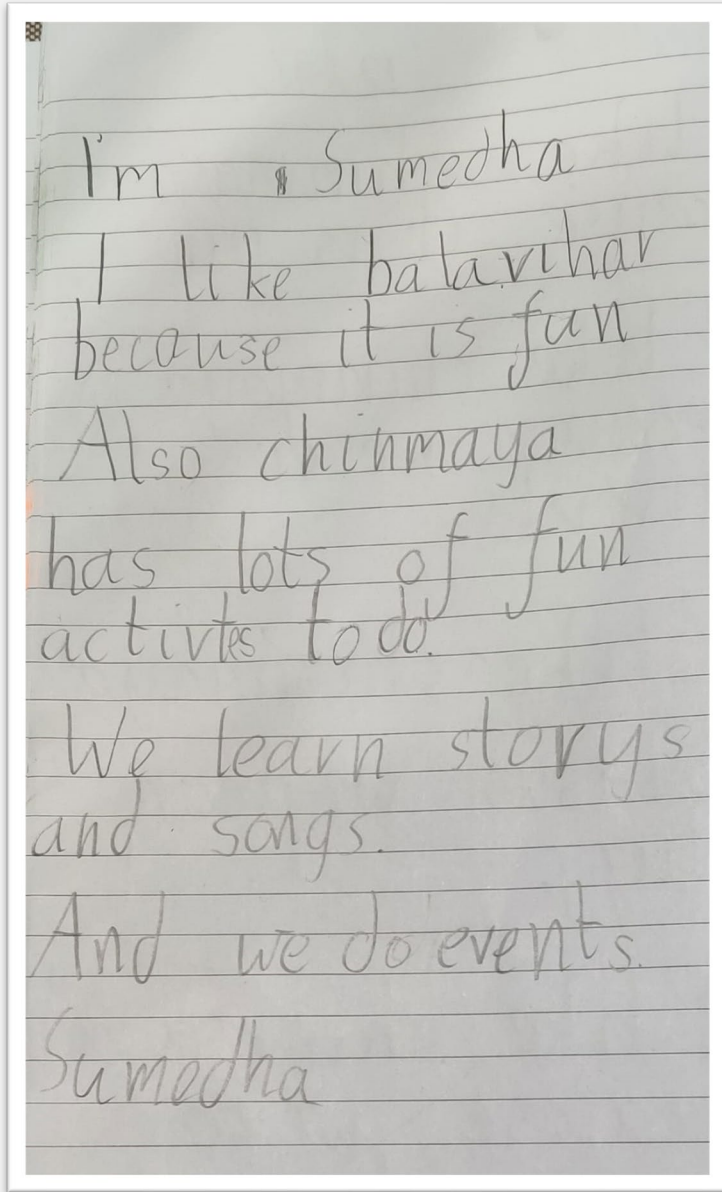


## Nāma Rāmāyaṇam

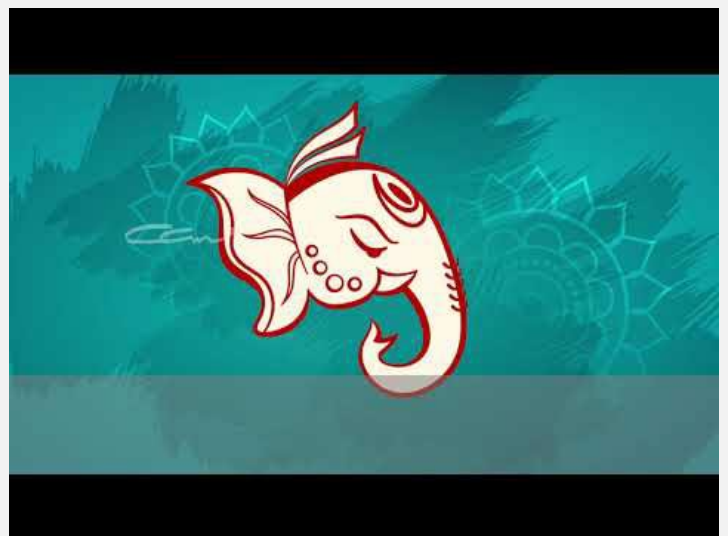
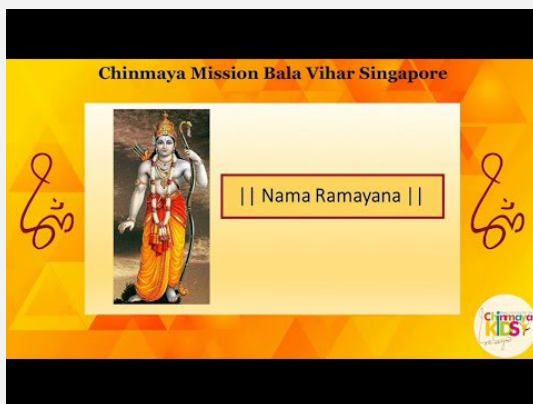
you each and every one of you for supporting and making this event a big success.

In terms of our regular class - our kids are progressing through Nama Ramayanam very well and almost memorised their shloka and enjoy chanting it as a group.

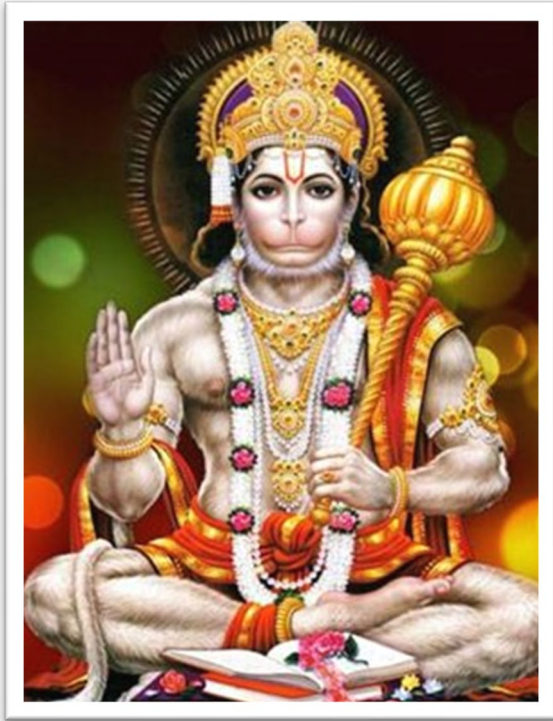
We look forward to our last term for the year which seems a bit scary as it just feels like we have started the year, but definitely lots to cover



to finish off the term 4 too. Thank you once again and have a great break.  
**Sudha, Swetha & Gayathri** 😊

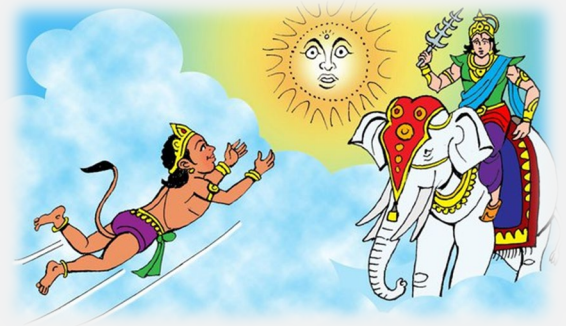






## BV 2

In our Balvihar class, we learnt about Hanuman's values, kindness, and personality. We learnt to chant Hanuman Chalisa this term. We heard a lot of stories about Hanuman. One of them was where Lord Indra makes a powerful weapon using a sage's bone to fight demons. Hanuman swallows the sun thinking it is an orange and it becomes dark everywhere. Using the powerful weapon, Lord Indra attacks Hanuman which makes him spit the sun after which he becomes unconscious.



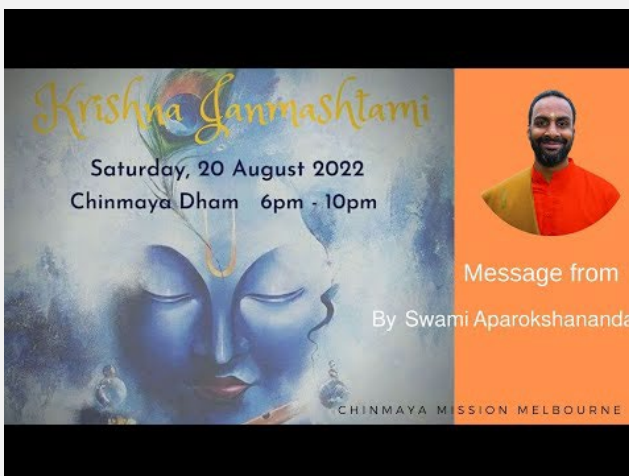
Hanuman's father Pavana Kumar (wind God) becomes really worried seeing Hanuman and in anger stops the wind. People start dying without the wind and all the Sages and Gods plead Pavana Kumar to bring back the wind. He says that he will bring the wind back only if all of them bless Hanuman with power and strength. Everyone blesses Hanuman and he becomes really very strong and powerful.

We did activities related to Hanuman Chalisa like crossword puzzle and games.

This term we celebrated Krishna Jayanthy by Painting on Krishna's feet and making a card. We sang bhajans for Krishna and ate yummy sweets.

We practiced two bhajans for Ganesh Chaturthi and performed at the Dham. We also enjoyed the Visarjan of the idol into the lake. That day we had yummy food.

### ADHVIK GANESH



# BV3

Hari Om Families!

Our BV 3 finished off the term 3 with Ras Lila and the whole class danced Garbha.



For Guru Jayanthi, our class took part in colouring our Gurudev's picture collage which was displayed at the Dham.

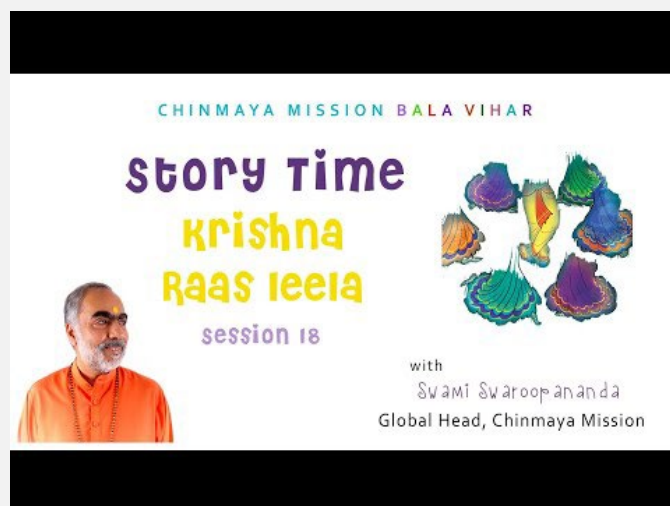
This term we got to celebrated Ganesha Visarjan at Dham wherein our kids were part of the bhajan group and sang beautiful Ganesha songs.



Our Krishna adventures will be continued on the next term until then take care and sincerely thank everyone for their support and cooperation.

Hari Om

Eswari and Gitika 🙏🙏🙏





# BV 4 & 5

Hari om, my name is Sushena



I'm in BV4 and, I am currently learning about the 24 gurus, (things, animals and elements that we can learn from). I enjoy the classes because



I can spend time with my friends, learn different slokas and I am able to learn what the significance of life is and, how to use it in the best way possible. I also enjoy celebrating different festivals with friends and family.

In term three, we celebrated Rakhi, we celebrated the festival by making rakhis with yarn, stones and glittery card, we also celebrated

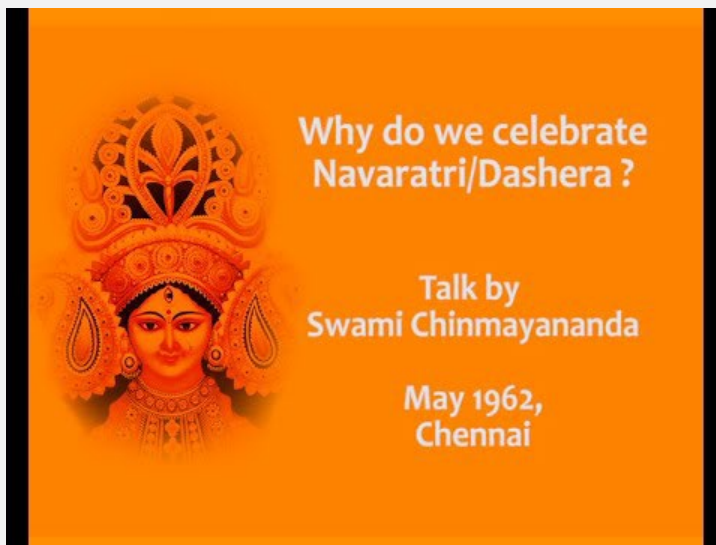
Krishna

Janmashtimi by singing bhajans and finger painting Krishnas feet, then we put it on a card and gave it to



friends and family.

Thank you for reading my article and, I wish you all have a happy Navrathi.





# BV 6



In Term 3, the Balavihar students listened to the story of Dhruva and understood the importance of serving and caring for others.

During this term kids were involved in a wide variety of activities like crafts including Rakhi making and creating cards for Krishna Janmashtami.

The teaching of Sanatkumaras taught them , greed, pride, delusion, and jealousy.

They became involved in the story of King Bharata whose beautiful act of saving the baby fawn brought his spiritual downfall.



Hari Om, my name is Saanvi. I'm talking about Ganesh Chaturthi. For the Chaturthi, we had a visarjan, and immersed the flamboyantly coloured clay idol of Ganesha in the waters of Ruffey Lake Park, and two of us Year sixes spoke about a few temples, mine being Sasivekalu & Kadalekalu Temple in Karnataka, Kanipakam in Chittoor, Manakula Vinayaka in Pondicherry, and Moti Dungri in Rajasthan. The other temples spoken of were Uchi Pillayar in Tamil Nadu and Kottakara Shri Mahaganapati in Kerala. The performances held before the Visarjan consisted of marvellous bhajans, a graceful, cultural bharatanatyam dance, a few speeches, and facts regaling us on Ganesha. Afterwards, the procession leading up to the Visarjan was a supremely amazing sight, with boisterous, happy people. This was then followed by a (very tasty, I might add!) Mahaprasad. My hats off to all those people who helped cook! Overall, it was a splendid event, and my sincere congratulations to all those who assisted, whether it was leading the bhajans, or making those delicious foods! **Saanvi Nadig, BV6**

Hari Om Everyone,

This term, we learnt about the six sharks as taught by the Sanatkumaras.

Six Ferocious  
Sharks of  
Mind  
& Senses



Lust



Anger



Greed



Pride



Delusion



Jealousy

**Key learnings include:**

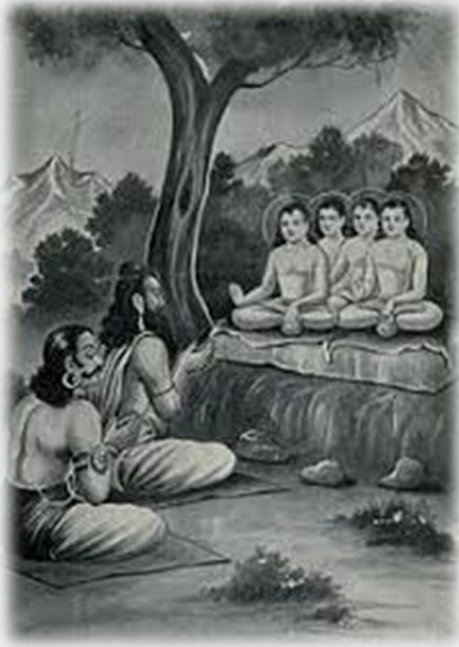
Have faith that God will protect, guide and support our lives, helping us not to succumb to or be affected by the six sharks. The analogy is realising God is the best, most dependable ferryman who will take us safely across the sea of life:

- **Lust:** means obsessive desires or cravings for something, which can make our body and/or mind sick.
- **Anger:** if we allow ourselves to get angry, we are bound to say or do things that we don't really mean and that could hurt others.
- **Greed:** if we chase things, especially more than what we need, and if we hold too tightly onto these things, this can cause unhappiness, especially if we lose these things.
- **Pride:** this is thinking we are better than others. We will not perform at our best with the false perception that we are better, plus we will upset others, and ultimately we may lose in the end.
- **Delusion:** is not seeing something as it really is e.g. seeing a snake when it is a rope, which can affect your emotions and/or lead to making incorrect decisions.
- **Jealousy:** is a negative emotion we feel when we want something that someone else has or when we want to be like someone.

Keshav Singh, BV6



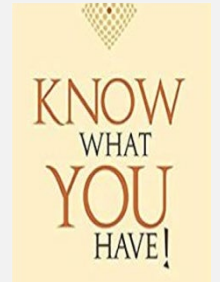




# JC

This term in JC we studied the book 'Know What You Have' written by Swamini Vimalananda. The book discusses ways in which we can learn to live a successful and balanced life. It's been really encouraging being able to see my friends and peers on a weekly basis and engage in thought provoking discussions.

The text dissects different aspects of our life and how they can either be executed as a Saatvik, Rajasik or Tamasik action depending on our intention behind it. For example, we were discussing how eating food brought from outside can be considered Rajasik as it is made with the intention of 'making money' by the restaurant, which is a rajasik quality.



## Examples of the three Categories of Food



### SATVIC

Coconut, Soaked Nuts & Seeds, Fruits, Vegetables, Herbs, Whole Grains, Jaggery, Leafy Greens, Sprouts, Microgreens



### RAJSIC

Excess Salt, Vinegar, Spicy Foods, Pungent Foods, Tea & Coffee, Refined Sugar



### TAMSIC

Stale Food, Non-Vegetarian Food, Eggs, Onion, Garlic, Alcohol, Cigarette, Mushrooms, Artificial Flavoured or Preserved Food, Unethically Sourced Food

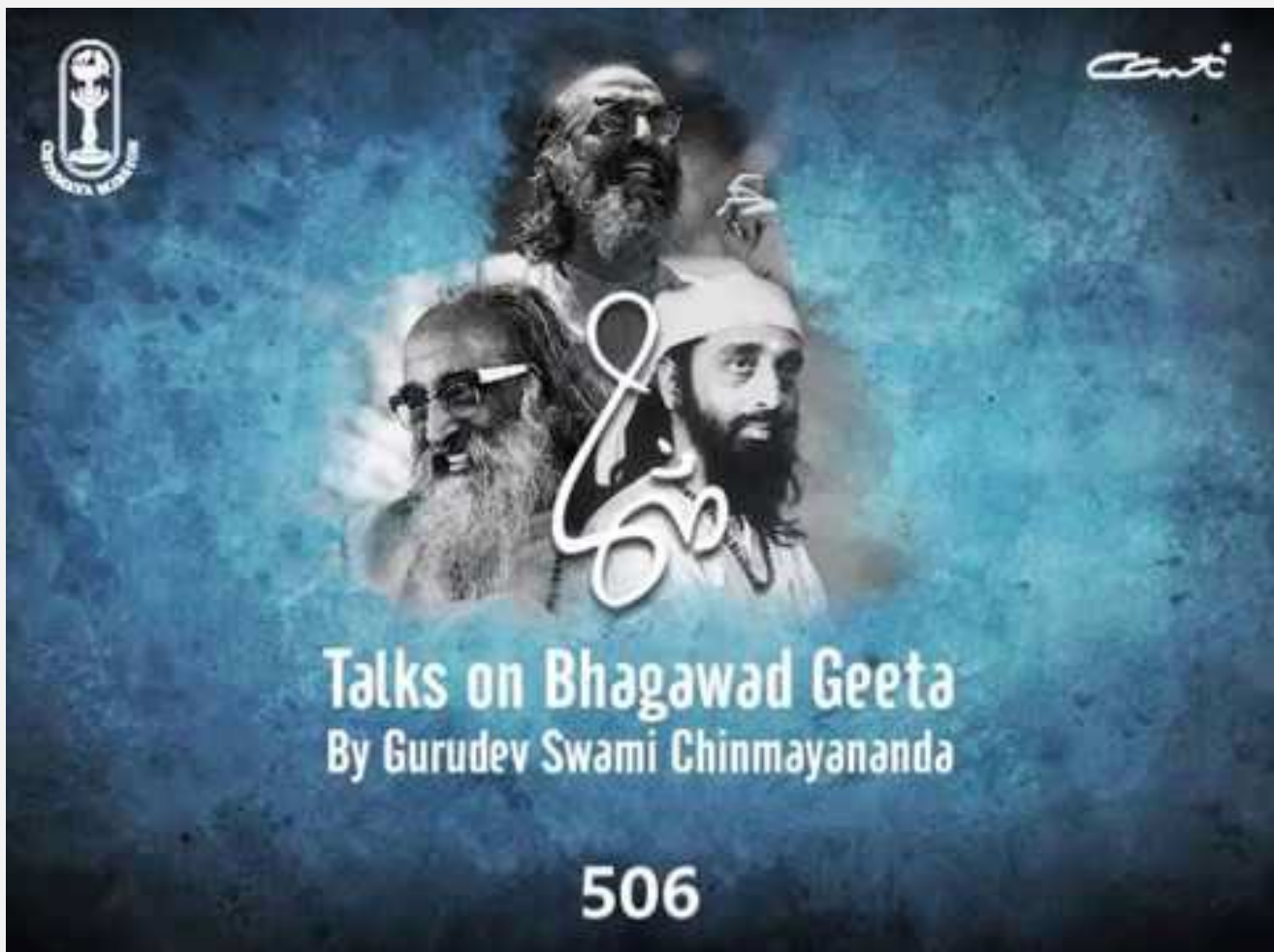
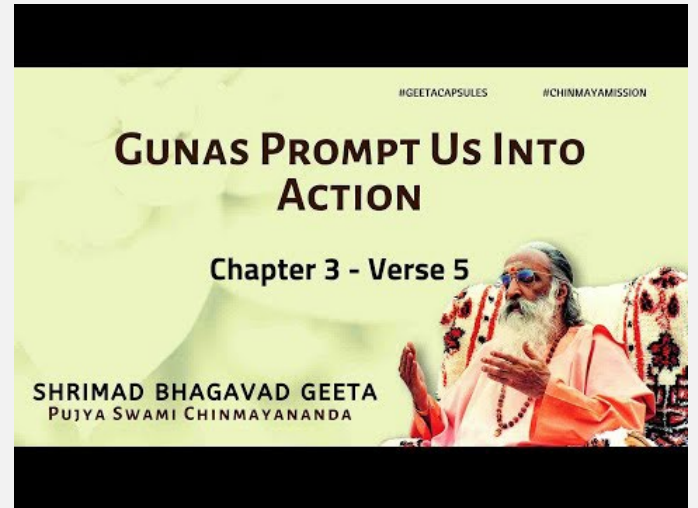
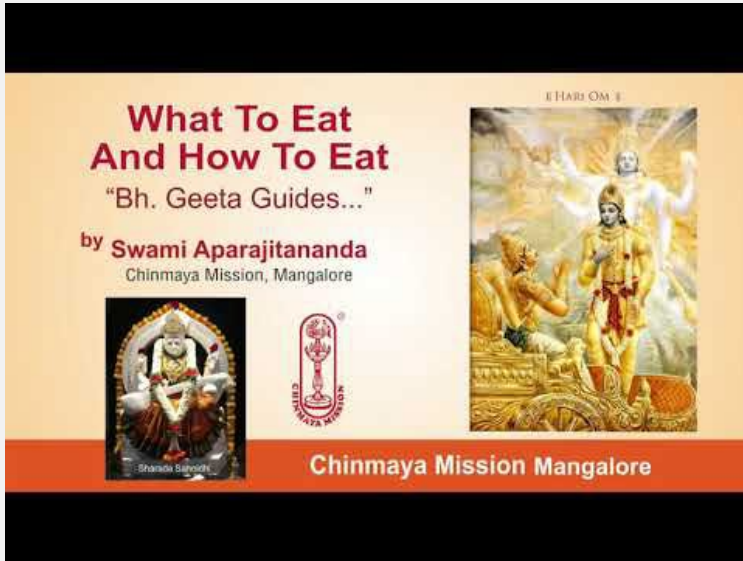
Each week we were given a sadhana to help us implement

COMPARISON OF THE 3 GUNAS		
TAMAS	SATTVA	RAJAS
Tamas is a dull mind	Sattva is a calm mind	Rajas is an extroverted mind
Hides Awareness	Reveals Awareness	Hides Awareness
A Tamasic mind is dull, sluggish, lazy and prone to depression	Mind is present, wise, happy and free of desire	Anger, anxiety, frustration, aggression, boredom are common
Fear interprets experience	Truth interprets experience	Desire interprets experience
Upside of Tamas is that it allows one to rest	Allows proper discrimination	Rajas is a great motivator to accomplish things in the world
Hinders Self Inquiry	Facilitates Self Inquiry	Hinders Self Inquiry

the learnings of that class into our daily lives. Many of us

are used to eating meals with our phones and gadgets, so my favourite sadhana was when we were asked to focus on the food we were eating with no distractions and pure focus. I found that I was able to appreciate my food more thoroughly.

In addition to our text study, this term we celebrated Ganesh Chaturthi and Raksha Bhandan together. In class, we created artworks and clay models of Lord Ganesh, whilst preparing bhajans for our Ganesh Chaturthi Event at the Dham. It was quite a fulfilling experience being able to celebrate all these occasions with like-minded friends and classmates. **Ananya Mambally, JC Student, Point Cook**





# ADULT CLASS

In Term 3, we continued to study 'Kindle Life' by Gurudev Pujya Swami Chinmayananda. Kindle Life is a basic text on the principles of Vedanta written in a lucid style introducing Vedanta to the uninitiated.

This term, we watched Swami Advaiyananda ji's video "Vedanta Made Easy", explaining the significance of BMI chart. Swamiji summarised the philosophical concept in a single phrase "PFT (perceiver-feeler-thinker) is the drama Om (I, the Self) is playing in the world of OET (objects-emotions-thoughts) using the equipment of BMI (body-mind-intellect) which in turn are directed by my V (vasanas)" as shown in the BMI chart. The goal of spiritual life is to understand that I am the "Om" and not the "PFT".

We then pondered on the details about the experience we go through at different levels of our personality. The Rishis indicated this in the Upanishads and emphasized that the real "I", the Self remain beyond the five koshas, the three shariras and the three avasthas as a silent witness.

The Pancha Kosha (five sheaths) indicated in the Taitriya Upanishad are:

- Annamaya kosha (Food sheath)
- Praanamaya kosha (Vital air sheath)
- Manomaya kosha (Mind sheath)
- Vijnanamaya kosha (Intellect sheath)
- Anandamaya kosha (Blissful sheath).

The Sarira Traya (three bodies) indicated in the Taitriya Upanishad are:

- Sthula Sharira (gross body)
- Sukshma Sharira (subtle body)
- Kaarana Sharira (causal body)

The Avastha Thraya (three states) indicated in the Mandukya Upanishad are:

- Jaagrath avastha (wakeful state)
- Swapna avastha (dream state)
- Sushupti avastha (deep sleep state).

