

Dear Parent,

When asked what you really want for your children, most parents say 'I want my children to be happy, successful and live a life of values'. If we unpack this what we are really saying as parents is 'I want them to deal with whatever life hands to them.' In other words, I want them to deal with the Law of Karma.

A fit of rage, an impulsive decision, an overwhelming emotion, an ugly fight — many of these could have been avoided if we had assimilated that our actions have results that we live with.

The effort in learning, collaborating on projects, caring actions for the other, working hard — many of these could have been multiplied if we had assimilated that our actions have results that we live with.

Unique to our culture and civilisation is the empowering understanding of karma — how it helps us take responsibility, make better choices, improves our knowledge of Dharma, makes us more accepting and happy. We are most delighted to create a video especially on 'The power and magic of karma' this quarter which completes the trilogy on our 'Dharma series'. Please do watch it with your children. Our SHINE newsletter this quarter is packed with wisdom and goodness with articles on Guru Purnima, the videos released this quarter, beautiful art work and sharing of children and much more.

Do read, watch, learn and SHINE ★

Help us share the greatness of the Spiritual Heritage of India.

With love and prayers,

Swamini Brahmajnanananda

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Marga-Darshanam

Click to watch the Videos



(12 mins)



(13 mins)



(10 mins)

If your children, nieces, nephews, grandchildren ask you
- How to be a superhero?

- How to know what is the right thing to do in a situation?

You have an answer - What our ancestors have turned to, again and again - Dharma (Samanya and Vishesha Dharma).

Dharma - The secret of Superheroes (Part 2)

In part one of the series we saw how and why Dharma is the secret of all superheroes. In part two, the kids (Anay, Sneha and Ravi) continue to chat and have fun with Sneha's father. He explains how everyone can achieve balance and happiness when we live and practise our vishesha (specialised) dharma in all our relationships.

We celebrate the intelligence and beauty of how our sages organised time.

Here is a simple to understand video of the Panchanga - our Hindu calendar. Through the cycles of seasons, months, weeks, days and the celebration of festivals our children get an insight into the glorious culture of India.

Panchanga - Hindu calendar.

Do we know which Ritu (season), Maasa (month), Vaara (day of week), Tithi (day) were we born on?

What makes our life powerful and magical is KARMA.

This video decodes and explains karma to children like never before and answers questions like - What is Karma? What happens when we do something wrong ? How is filling my piggy bank similar to Karma? How do I benefit from this Law of Karma?

May we be happy as we live a life of Dharma through our karma.



Little Chants for daily offerings



Prayer to Hanuman

Who travels as fast as the mind and the wind? Who has mastered his sense organs? Who is the best among the intelligent? (2 mins)



Prayer to Guru Parampara

Our namaskara to the entire guruparampara from Bhagavan Shiva to Sri Adi Shankaracharya to my own guru. (2 mins)



Prayer for Well-being of Everyone

The glorious culture of India teaches us to pray for the well-being of everyone i.e. all beings (humans, animals, insects, plants, sun, moon, stars,.....everyone) in the entire universe. May all be happy and prosperous. May no one experience sorrow. (2 mins)

Ishta Devata



Bhagavan Sri Rama

Every time I help someone, speak kind words, do my responsibility, use my time well, I know that Bhagavan Sri Rama is smiling at me." says 11 yr old Akaash. (9 mins)



Glimpses of online camp



Takeaways from the camp

It is easy to get lost in the hustle of more and more skills for our children. The clamour for Coding, Dance, Singing, Gymnastics, Robotics, Tennis, Football, Baking ...

While all these are useful, our own lives and that of people we admire, remind us of something that is lasting.

We see that time and time again, being rooted in Dharma and culture, helps us navigate life with clear thinking, emotional stability and focus.

Along with learning of skills, we need to help our children learn 'real skills', skills and attitudes whereby they can sail through every situation, learn and thrive.

Our SHINE program and our camp helps our children get started on their journey with something solid from a tradition.

In the midst of news of gloom and doom, we can and must step up to protect our children and see the light and delight that their laughter and learning brings.

Here are glimpses of our recent online SHINE camp conducted by Sonali Ambasankar as we spread the wisdom of the spiritual heritage of India. In watching this, there is a good chance that your despair and fatigue will fade away.

As a parent if you have a 2-4 hours to spare each week and want to join in this noble and fulfilling contribution to children and Bhaarat, please contact us at shine@discoveratma.com.

To learn more about SHINE classes, do write to shine@discoveratma.com

We invite parents & children to contribute their reflections, writings, drawings, any creative expressions they want to include in the newsletter. Selective works will be included. Send in by August 31, 2021 to shine@discoveratma.com.

[SUBSCRIBE TO QUARTERLY ONLINE SHINE Samvaada HERE.](#)

Guru Purnima

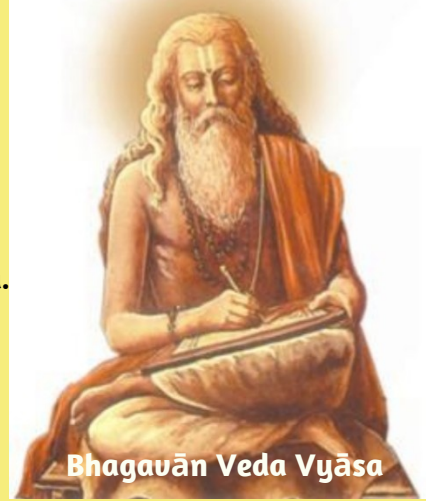


गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुस्साक्षात् परं ब्रह्म तस्मै श्रीगुरवे नमः ॥

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ ।
gurussākṣāt paraṁ brahma tasmai śrīgurave namaḥ ॥

The guru is Brahma, guru is Viṣṇu, guru is Maheśvara.
The guru is ultimate truth. Salutations to that revered guru.



Bhagavān Veda Vyāsa

Guru Purnima also called Vyasa Purnima is the birthday of the great sage Veda Vyasa. He is also called Bhagavan Veda Vyasa because of his contribution to Sanatana Dharma. Mantras had been revealed to different Rsis directly by Bhagavan and were quite scattered. He organized, codified such that in a 12 year project with the help of the wise people in the land the mantras were grouped into the four Vedas – Rg Veda, Yajur Veda, Sama Veda and Atharva Veda. Each of the Vedas has more than 15000 mantras and reveal powerful mantras and rituals for wealth and prosperity. These contain meditations and self knowledge also. Bhagavan Veda Vyasa also wrote the Mahabharata (1,00,000 verses), the 28 puranas and the Brahmasutras. Isn't that huge? In ancient times, Vedas were passed down from one generation to the next by word of mouth. No books! All in the memory! This year we celebrate it on 24th July.

In our culture knowledge is highly regarded and so we honor and adore our gurus who impart knowledge, inspire us to do well and succeed in all areas of life. In Sanskrit, Gu means darkness and Ru means removing that darkness. Guru is the one who dispels the darkness which is in the form of ignorance (wrong ideas) and brings clarity and purpose in life. As the sun lights up and dispels darkness on the earth, our guru nurtures and guides us through the ups and downs of our life and makes us aware of our limitless nature.

On the day of Guru Purnima, the full moon day in the month of ashadha we praise, honor, seek the grace and blessings of all the gurus in the parampara(tradition) and worship Lord Dakshinamurti, the source of all knowledge. Namaskara to all our gurus who teach us to take pride in our culture and live this glorious Vedic tradition.

If everything is available on Google and apps why is a spiritual guru important?

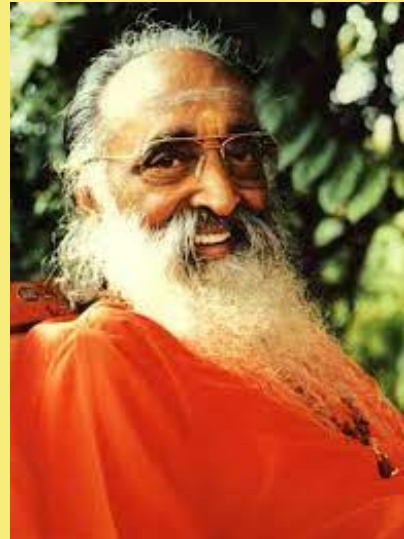
While Google helps to get quick information on anything we search, we may not know which to pick amongst the numerous sites available. Further there are some areas of our lives that need proper guidance based on our uniqueness – What is the right thing to do in different situations? What is my connection with things and situations around me? What are my responsibilities in my different roles? Why should I care for all beings? What makes me happier? A guru has walked the path of life before, like our parents, and knows what to go towards and what to avoid. Plus the guru has love for us and prays for our well being and progress.

A spiritual guru helps us to nurture a connection with our culture which is full of forms and expressions that carry deep meaning and foster our connection with Bhagavan. The vision of the Vedas is that all that is here is Bhagavan and hence all forms are sacred. The universal network of laws and principles is a manifestation of Bhagavan's intelligence which is Dharma. When we see our connections with all that is around us, we grow in our care and responsibility and respect. As we begin to appreciate all life and there is so much love, power and expansion in us. Our life becomes a celebration and we look forward to each day as there is so much joy in everything we do and connect. This beautiful tradition coming down to us over thousands of years signifies a spiritual bond with the guru and the joyful surrender of the sishya at the divine feet of the guru.



Swami Chinmayananda

In our story section, we present the extraordinary transformation of Balakrishnan Menon, an ordinary man to Swami Chinmayananda, a great spiritual guru. He was born on 8th May 1916, to a lawyer father and a home maker mother. In his younger years as Menon, he was fun-loving, popular, rebellious, and extremely brilliant.



A product of the British education system, he graduated with degrees in literature and law from the Lucknow University in India. He became a journalist and took up the job of the sub-editor of the 'National Herald' newspaper in Delhi.

He had been brought up in a very religious Hindu family that practiced old customs and traditions. Being the rebel that he had been, he had constantly questioned the reasoning and logic behind those practices and doubted the very existence of God. He had been exposed to many saints and masters in his childhood and now, his thoughts went back to them. Could they really have been genuine men of God? Did they have the answers he was seeking? 'His rational mind shouted, 'No, there's no such thing as God!'. In spite of his doubts, he set to visit the great saints in the Himalayas and write a report about 'How they are keeping up the bluff among the masses!'

Menon journeyed to Ananda Kutir, an ashram (spiritual centre) of Swami Shivananda in Rishikesh. In his confident style, he thought he would need only 2 days to do what he had set out to do. But was completely awestruck by the dynamic lifestyle of Swami Shivananda whose entire day was spent in service – guided meditations, greeting visitors, administering the hospital, writing articles and books, giving discourses on spiritual texts and conducting evening services with devotees. Menon ended up staying for a full month! Such was the inspiration and influence of Swami Shivananda, a true saint in every sense of the word who asked him, 'Young man you ask many questions. When will your questions turn into a quest? Soon after Menon decided to renounce his earlier worldly lifestyle and become a sannyasi, a Hindu monk. In February 1949, he was initiated into monkhood by Swami Shivananda and gained the new name, Swami Chinmayananda.

His brilliant mind and intensity to seek out the goal of human existence led Swami Shivananda to recommend that he leave the ashram and study under the great Vedantic master, Swami Tapovanam. It was Swami Tapovan's practice to spend a few months in Rishikesh during spring. He usually stayed in the Brahmananda ashram on the opposite shore of the Ganga from the Ananda Kutir. Swami Chinmayananda walked the 11 miles through difficult terrain to meet Swami Tapovanam. He finally reached the hut. Seeing Swami Tapovanam he prostrated respectfully. He introduced himself and expressed his desire to become his student and that Swami Shivananda sent him here. Swami Tapovanam however sent him back claiming that he needed a letter of proof from Swami Shivananda.



This meant days of walking all the way to and back from Ananda Kutir. Of course this was a test to see how serious the aspiring student was! A test before the teaching could even start! But the young Swami Chinmayananda proved his enthusiasm and determination. He quietly and promptly did what he was told to. No questions asked! He came back with the letter and there began one of the most exemplary relationships of the Guru and Śishya, one that would transform the young Swami Chinmayananda forever.

Swami Tapovanam was a recluse who did not stay in one place for long. He spent his time in the Himalayan mountains moving from place to place. Swami Chinmayananda turned out to be an exceptional student who could keep up with the rigorous lifestyle and the strict discipline of his master. Swami Tapovanam took him on as a disciple on the condition that he would never repeat anything. The student would have to take the responsibility of going deep into the studies through his own personal notes, reflection and meditation. While the lessons were in Sanskrit, Swami Chinmayananda wrote out his notes in English. Under Swami Tapovanam, Swami Chinmayananda totally immersed himself in his spiritual studies and a life of meditation. In just two short years, in the tranquility of the great Himalayan mountains, Swami Chinmayananda, gained inner peace and spiritual enlightenment.

(Excerpts from Chinmaya Mission & Manisha Melwani)

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RELATED TO SPIRITUAL HERITAGE OF INDIA PLEASE CLICK HERE](#)**

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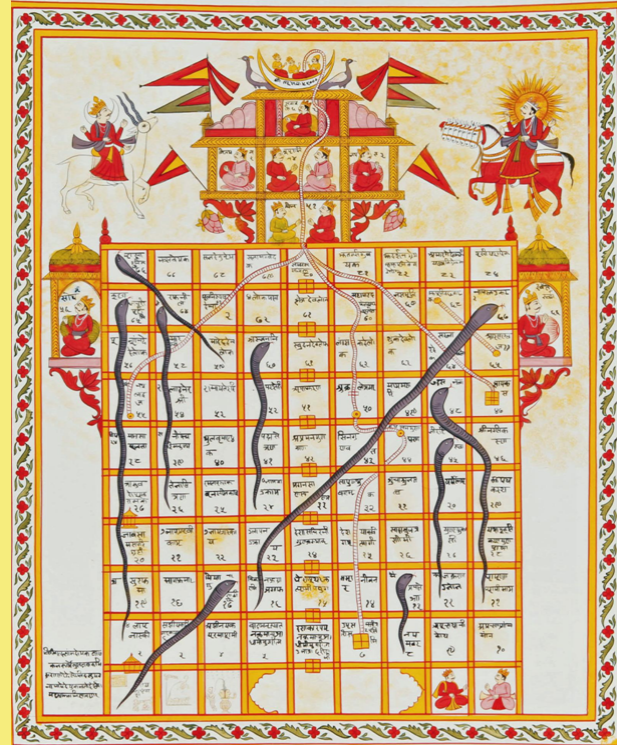
The origins of Snakes and Ladders.....

Snakes and ladder, also known as Moksha Patam, is an ancient Indian board game for two or more players that is considered a worldwide classic today.

Snakes and Ladders, formerly known as Mokshapat, is a game that originated in India in the 13th century. Gyandev, a 13th-century poet and saint, invented the game of Snakes & Ladders. The ladder to moksha is also called parampada sopaadam. Its origins can be traced back to India. The game was originally known as Moksha Patam, Parama Padam, or Mokshapat in India. It was used to teach children Hindu Dharma and Hindu ideals.

Snakes and ladders, I believe, symbolise your karma. There are times when you climb the ladder and times when you get bitten by a snake. It all depends on the actions you take, or the choices you make.

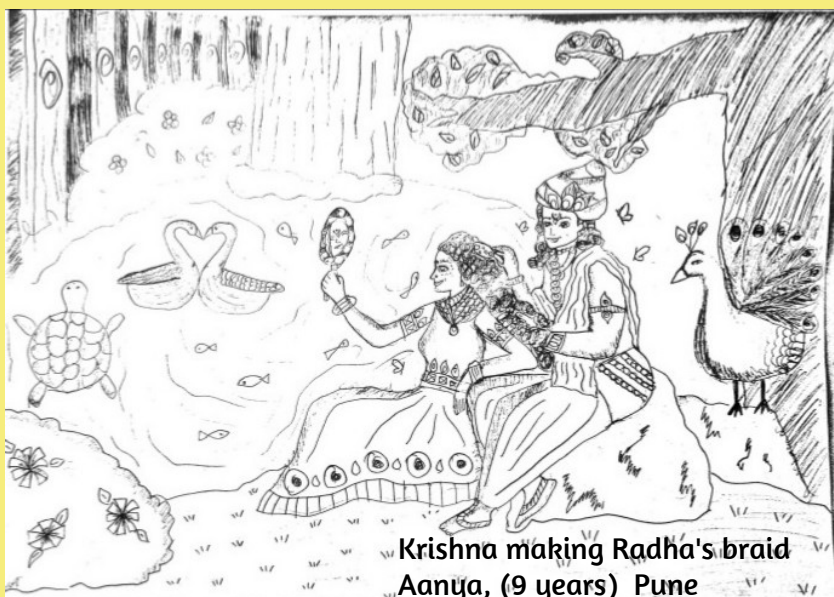
Tanishka, (11 years) Mumbai



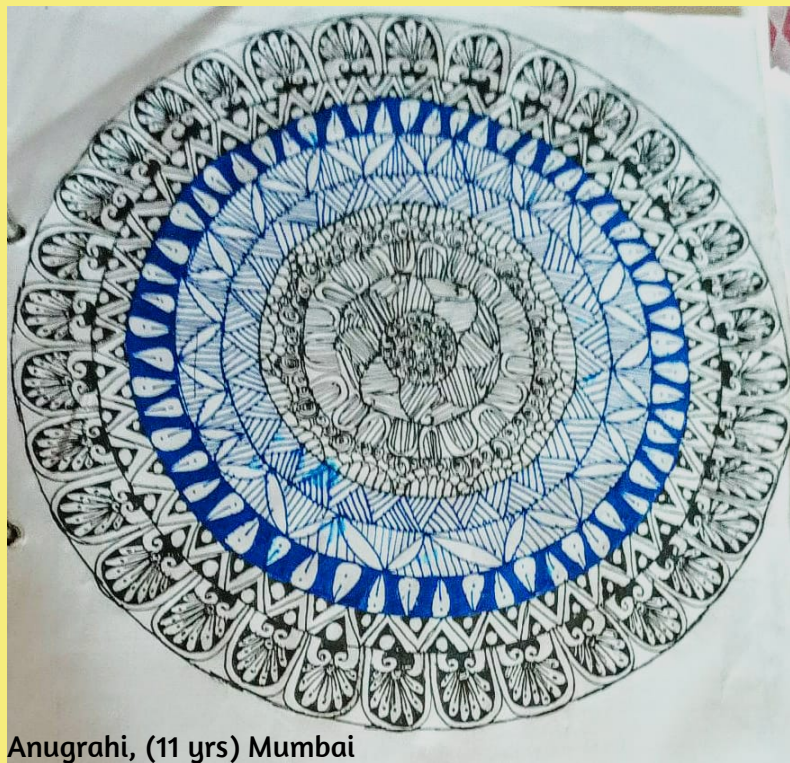
Ayyappa
Nandhan, (9 years) Bangalore



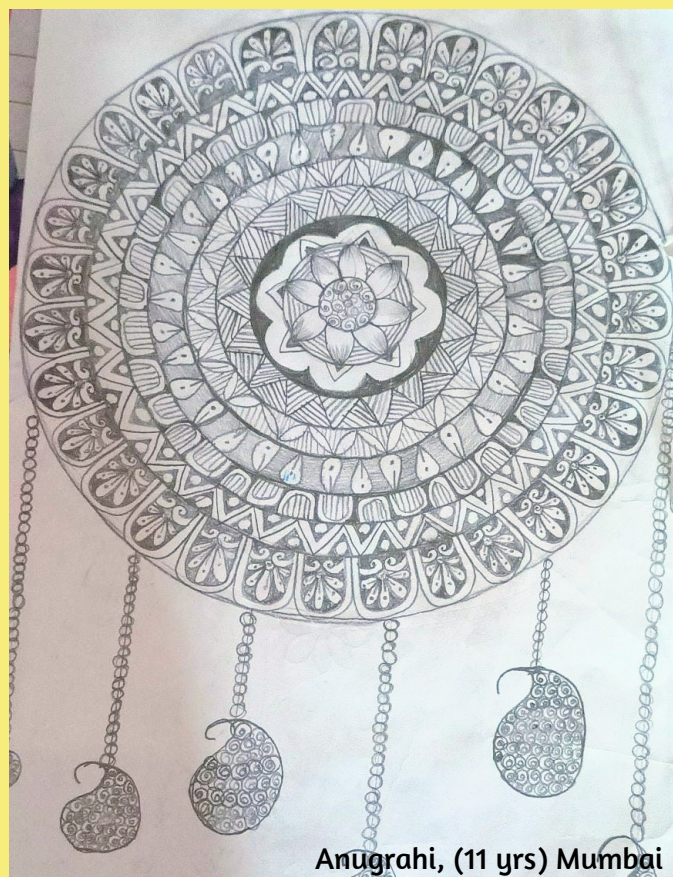
Jyotika, (12 years) Mumbai



Krishna making Radha's braid
Aanya, (9 years) Pune



Anugrahi, (11 yrs) Mumbai



Anugrahi, (11 yrs) Mumbai



Raghav, (11 yrs) Mumbai

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