

Dear Marga-darshakah and more,

As a marga-darshakah (the one who guides), you shine the light on the path for your children to walk on. Through your words, actions and behaviour the path shines even more.

When you show your children how to be kind, disciplined, persevere and share with others, you light up the path of Dharma, the eternal framework of universal values, that sustains the society.

When you scold your children for lying, hurting their brother/sister and beating their friend, you light up the path of Dharma while pointing to adharma that breaks up friendships, family and society.

When you do your work, day after day as you work-from-home and do chores around the house in this partial lockdown phase, you show your commitment through honoring your responsibilities. You light up the path of Dharma.

My sincerest appreciation and prayers as you bring up the leaders of the present and the future.

We are happy to announce an online Summer SHINE camp in end April (details inside), start a series on 'Dharma', share the creativity of our children in the children's space and also some fun, informative links to videos we released this quarter.

With love and prayers, Swamini B

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It's the time to SHINE.

A SUMMER CAMP FOR KIDS. (Online)

LEARN ABOUT INDIA'S SPIRITUAL HERITAGE IN A FUN, INTERACTIVE WAY.

DATE - 26-30 April 2021. REGISTER - shine@discoveratma.com

TWO BATCHES. (5-7 children per batch.)

8-10 yrs. (3.30 pm - 4.30 pm IST)

10-12 yrs. (5.30 pm - 6.30 pm IST)

For further details, visit www.discoveratma.com

FEES - Rs.1000 per child (India) \$25 per child (outside India)

Registration mandatory.

Registration closes April 20.

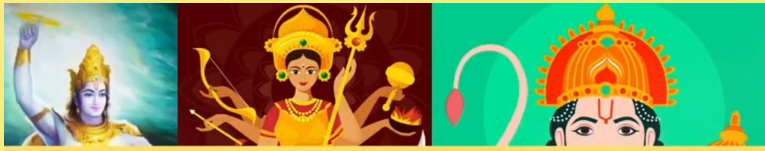


<https://www.discoveratma.com/shine-for-parents-and-children/shine-summer-camp-2021-online/>

Highlights of SHINE Class (January - March 2021)

The Shine class has been held online since the lockdown was declared. "Getting to know our Ishta devata" discussions were done. Children described and told everyone about their favourite devatas Ganesha, Devi Saraswati and Bhagavan Krishna. Some narrated stories they had heard. Sharada stotram was learnt by the children in the leading weeks, so that they would be able to chant it as a prayer on Vasant Panchami. Children did chanting of Om Namah Shivaya during the Mahashivaratri week alongwith a short dhyanam in the class post chanting. Children tried to understand what Dharma means, alongwith Samanya dharma and Visheshha dharma through discussions. Svadharma was understood and the different roles and responsibilities played by them such as son/daughter, elder/younger brother/sister, grandchildren, student, resident of the society, resident of the city and country, were discussed. We also tried to understand the different roles played by their parents. The pitfalls of not doing svadharma were discussed. Besides revision of earlier shlokas, the shlokas learnt in this quarter were कायेन वाचा, न तत्र सूर्यो भाति, राम रामेति रामेति, श्री शारदा स्तोत्रम्. A few online games were played to feel refreshed.

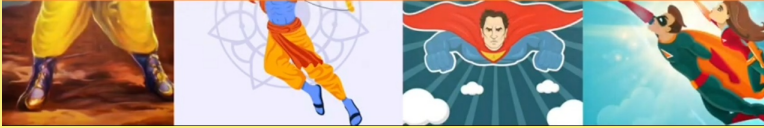
To learn more about SHINE classes, do write to shine@discoveratma.com



DHARMA

THE SECRET OF ALL SUPERHEROES

Part 1



[Click on the PIC to watch the Video \(11 mins\)](#)

Light on Dharma – 1

How can life be happier? How can we all be superheroes? How can all of us make a change in the world? The secret is Dharma.

Where does Dharma live?

In everyone 's heart, which makes people Dharmi-s, those who practice dharma! Understanding Dharma means knowing that no one would like to be hurt, cheated, or lied to, whether a child or a plant. Everyone naturally wants to be kind, compassionate, understanding, giving, loving. It seems like common sense which is quite uncommon.

Dharma makes us happy. Dharma is not religion. There is no English equivalent for the word 'dharma' and hence we don't translate it. Dharma means principles that support and sustain ("**Dharayate iti dharma**"), that order which protects us if we protect it. ("**Dharmo rakshati rakshitah**"), Dharma grows when we do acts of Dharma.

Everyone wants to make money and have fun, which are the pursuits of Artha and Kaama. But the question is HOW? There are many ways including stealing to make money and hurting animals to have fun. Dharma teaches us how we can study, make money and have fun by the practice of values of honesty, kindness, perseverance, innovation and so on. Hence Dharma occupies the first place in the four categories of human goals (Dharma, Artha, Kaama, Moksha (ultimate freedom))

Depending upon the context, dharma can mean anyone or more or all of these,

- universal principles and ethics,**
- duty in the form of responsibilities towards one another and hence meeting the rights of the others,**
- natural, innate behavior of things, (e.g. dharma of water is to flow) and**
- Rituals and Karma (in the form of punya and papa).**

Hanumanji used his strength and intelligence to be on Lord Rama's side. He refused to be on the side of Ravana, even after being requested by him to change sides. He did his actions out of the dharma of loyalty, respect and justice.

Batman uses his powers to help out people in trouble and not for wrong things. He practices the dharma of justice and support with his intelligence.

Parents work hard to care and support the whole family, not once or twice but every day. They practice the dharma of love and unconditional support for the family.

Every moment we have a choice. There are many paths we can take – to help, to harm, to support, to cheat. Dharma grows by us making right choices.

What are the five values that you practice each day?

The power of 3 - Ishta devata, Kula devata, Grama devata.



In our lives there are three devata-s, who are very important. When we pray to them we feel powerful and blessed. Life does not appear tough, as we know that no matter what, we will be taken care of, by them. These are:

Ishta devata: Amongst all the devatas, we like one special devata the most. This could be Ganapati, Krishna or Durga. Just like a best friend, we want to know more, listen to his/her stories, know and understand his/her qualities, what he/she loves to eat and wear. We can feel that our Ishta devata loves us which makes us lovable. We get the courage and confidence to handle all situations. We only have to think about our Ishta devata and we instantly feel protected. Who is your Ishta devata?

Kula devata: Kula means family and all families generally have our family devatas i.e. our Kula devata and/or our Kula devi. The Kula devata and Kula devi have been worshipped by our families since generations and hence have a deep connection with them. Our ancestors and grandparents have been praying to them since they were small. They have passed on the responsibility to us. May we promise to visit and worship the kula devata and kula devi temples atleast once a year and pray every day.

Grama devata: Grama is a place, a village. Each place has a grama devata, who blesses and protects all those who are staying in that grama, be it a village or a small city or a big city. Eg. people in Mumbai pray to Mumba devi, who is the grama devata for Mumbai. We pray to the grama devata, if we know who he/she is.

Thus all of us can have the power of 3 as we pray to our Ishta devata, our Kula devata and Kula devi and to our Grama devata. These are forms of one limitless Bhagavan. We have more power, more knowledge and more blessings.

[Links to the videos on Ishta devatas \(or your Kula devata or Grama devata\):](#)

1. My Friend Ganesha

(3 mins)

2. Devi Saraswati

(5 mins)

3. Bhagavan Krishna

(7 mins)

4. Devo ke Dev Mahadev

(9 mins)

Little Chants for daily offerings

Prayer in the Morning (2 mins)

Everyone wants their day to start with hope, enthusiasm and blessings.

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

You can find us, like, subscribe & share our SHINE



Grandparents are special people with wisdom and pride. They are always offering love and kindness and are always there to guide.

They also make you feel so confident and strong. Their arms are always open no matter what you did wrong.

They try to help you out in every way that they can. They love all their grandchildren the same whether you're a child, woman or man.

They are always there to listen and to lend a helping hand. They show you respect and try to understand.

I LOVE U AMMA
TATA

Aanya Niverthy, 9 years, Pune



Hey! Look at my sketches. Aren't they lovely?

Alexandra Goulart, 10 years, Portugal



My Shiva, Aanya Niverthy, 9 years

Saraswati Devi



By Ira Pandya - 8 yrs. (USA)



AN INVESTMENT

It was afternoon time, the restaurant was completely empty. As there was no work, Nakul put on his earphones and started listening to music on his phone. But he could not concentrate. He glanced at Hiren who was sitting in corner as usual and reading. He is so studious! This high-minded person has no fun in his life! Today, I will make him talk a bit. "My Friend! You study the whole daylong! First, you work as a waiter, then as soon as you get some time, you open a book and start reading, don't you get bored?" What do you mean? It means that....

Well to understand the meaning, we shall have to do a flashback. Hiren opened the pages of past - I was raised in a small village named Roshanpur. The school was about 4 km from my home. I used to walk to school every day. I clearly remember this one day I had never experienced such impatience to reach home.

That day I had learnt how to write my name. "Mother...look here, today teacher taught me how to write my name." My mother had tears of joy in her eyes. When I had learnt how to read and write, I became the child in the village who knew everyone's secrets. I was able to read out the letters to elders and also do odd jobs for them. When I got admission into college, the whole village celebrated.

On the night of celebration I heard a conversation between my mother and father "You sold gold for Hiren's education. Gold can be bought with money, but money and gold can also be stolen. However, if money is put towards knowledge, then that can never go down in value or be stolen."

Just then mother saw me standing behind the door and she called me in. Mother said "My son, do not feel sad at all. Your education is an investment that will be profitable to us later in our lives. Remember that education is an armour which will protect you during any difficulty in life."

My friend, "I have got this opportunity to make profit of the investment that my parents have made for me. Not only for my parents, I also want to spread the light of my knowledge to the whole of Roshanpur. So now you tell me, do I have time to get bored? But, My friend! By looking at you it seems like you are from a well-educated family, your clothes, shoes, everything is in a tip top condition and yet you are working in this restaurant?"

Nakul nodded and said "You are right, I don't need money. My parents want me to do this, hence I am doing this job. They wanted to teach me how my life could turn out without education." Hiren has already understood the value of education, what about me? I was annoyed with Mum and Dad to send me to work. How completely wrong I was! I will value the facilities Mum and Dad have given me for my education. From today, I will study not because Mum and Dad want me to but also for a bright future for myself and for them.

Nysha Rathod, 13 years, Mumbai

Rithika Pandi, 12 years
Mumbai



Saanvi Malviya,
9 years, Mumbai



We enjoy playing with Colours



My Namaskaras to Lord Nataraja
Tanishka Pillai, 10 years,
Mumbai

Angikam Bhuvanam Yasya vachikam sarva vangmayam aharyam chandra tara di tam numaha saativikam shivam

The full meaning of this shloka is: We bow to Shiva the benevolent One Whose limbs are the universe, Whose song and poetry are the essence of all languages, Whose ornaments are the moon and the stars, my namaha to you Shiva .

This is a prayer we say before starting our Bharatnatyam dance recital.



Which colour is missing? Yutika, 11 years, Mumbai

How can a fight be resolved amongst friends when Dharma is understood ?



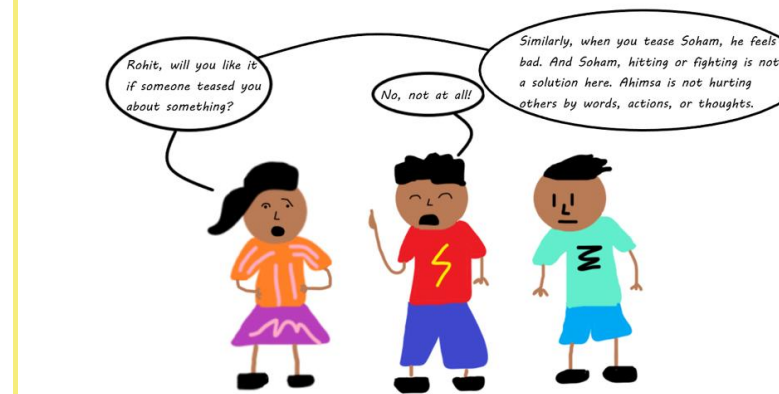
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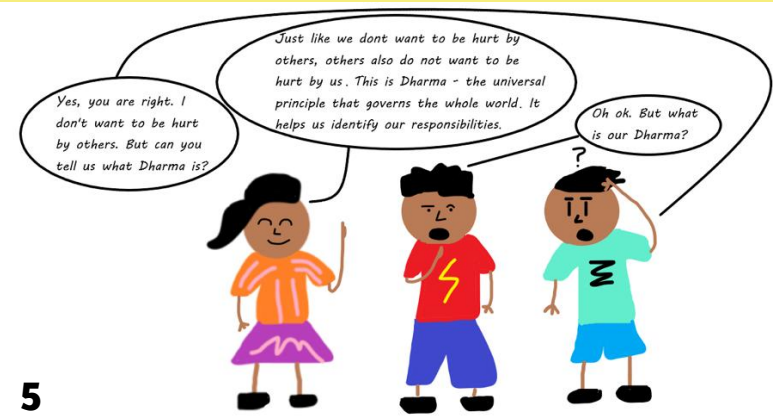
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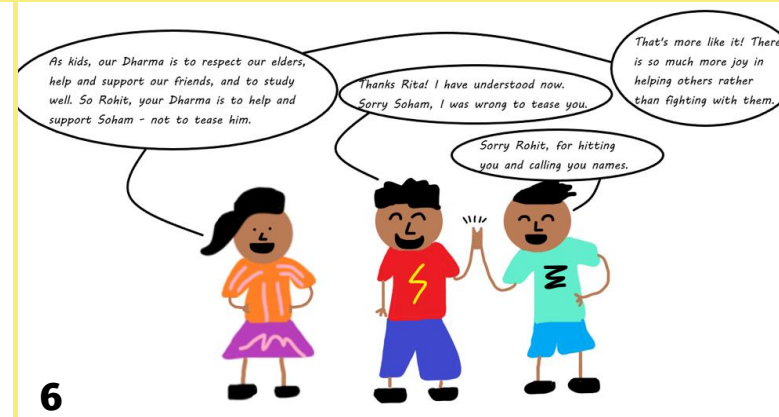
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6

Script: Jyotika Nair (11 years), Mumbai Illustrations: Achintya Shankar (12 years), Bangaluru

Takeaways of Shine Program



मैं स्वामिनी जी , शाइन प्रोग्राम और सोनाली जी का आभारी हु की नए जनरेशन को हमारे धर्म के बारे में समझा के उनके मन की शंकाओं को दूर कर के उनको धर्म से जोड़ रहे है - ताकि जीवन में उनको धर्म, तत्त्वों, शक्तियों से कनेक्शन और विश्वास रह। मुश्किलों में वे डगमग होने के बदले इसका सहारा महसूस करें। रोज़ जीवन में इनके प्रति कृतज्ञता व्यक्त करें। कई बार बच्चे घर में बड़ों को देखते है सूर्य को जल अर्पण करते हुए परन्तु क्योंकि उनके सवालों का जवाब नहीं मिलता या उन्हें इसका कारन नहीं बताया जाता - वे इसका पालन नहीं करते और इन तत्त्वों से कनेक्शन महसूस नहीं करते।

- गौरव राजेंद्र घुवालेवाला

[Click HERE to learn the prayer to Devi Saraswati \(2 mins\)](#)



[Watch Ira teaching her Dad to chant](#)



[Watch little Myra chanting](#)

TO DOWNLOAD A REVIEW OF THE ONLINE RESOURCES FOR CHILDREN RELATED TO SPIRITUAL HERITAGE OF INDIA PLEASE CLICK [HERE](#)

Made with ❤️ by Rashmi Kaikini (rashmi@discoveratma.com) and editorial team.