



Letter from Swaminiji,

Namaste and welcome to the inaugural issue and annual report of SHINE Samvaada.

When I was a child many questions would come up — What is the right thing to do? Who is Rama? Why to do puja? This was met with 'Don't ask too many questions' or 'Just do as you are told'. If those doubts had been clarified then I and many others could have avoided the confusion, inadequacy and lack of direction in our childhood and teenage years. In my psychology practice with parents I also learned something else. While the education of children and all other skills can be outsourced to school and classes, character building for success can only be done by the family. Unlike other religions, being a Hindu does not mandate our children to attend compulsory religious classes. Then, what do we do? Simple.

We own up our dharma as parents, to live and share the strength of the Indian culture as we raise powerful global citizens. Hence, the SHINE program was set up to share the richness and practicality of the Spiritual Heritage of India for Next-generation Empowerment. SHINE is by parents who are pursuing Vedanta at ArshaVidya Ananda (www.discoveratma.com) and hence understand the vision and the way of living of Santana Dharma. In this year of the pandemic we began our Youtube channel and are proud to share valuable resources for your children.

I see all of us sitting around a campfire having a Samvaada — a dialogue which allows the flow of meaning that enriches all of our lives. Do read, learn and share SHINE Samvaada.

With prayers and blessings for your parenting journey.

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Establishing a spiritual foundation for our children



[Click on the above PIC to Listen to the 7 minutes video](#)

To nurture our children's spiritual development we can focus on 3 broad principles:

-  **Foster a connection with Bhagavan** – Our culture is full of forms and expressions that carry deep meaning. We foster a connection with Bhagavan.
-  **Establish Dharma as the basic framework for their life** – The universal network of laws and principles that is a manifestation of Bhagavan's intelligence is Dharma. It is the framework for the pursuits of wealth and pleasure and protects society. Dharma does not lie in the libraries of the world but in a dharmi, the who practices dharma.
-  **See and practise Interconnectedness** – The vision of the Vedas is that all that is here is Bhagavan and hence all forms are sacred. When we see that our bodies and minds are sustained by the five great elements, the air we inhale is the air the trees exhale, the water that nourishes the body comes from the lakes and rivers, the food that strengthens us comes from the plants and trees, the actions of others affect us positively and negatively, our hearts expand and mind grows in wonder. When we see our connections with all that is around us, we grow in our care and responsibility and respect. We help our children see these connections.



Designed by Swamini Brahmaprajnananda the SHINE program had 20 sessions and was conducted in Mumbai in 2016, with children (10-14 years).

To have a glimpse click on the PIC below.



- 3 ongoing programs conducted by Sonali Ambasankar in Mumbai 2019 onwards,
- 52 sessions held over a period of one and a half year with a group aged 10-12 years old in Mumbai.
 - 5 sessions amongst 6 – 9 years old in Mumbai.
 - 15 sessions for 2 children online. For details contact : shine@discoveratma.com

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



[Link to videos](#)

1. How to establish a spiritual foundation for our children?

Swamini Brahmajnananda talks about three principles and related activities that are simple and practical to establish a solid, un-shakeable spiritual foundation for our children. (7 mins)

2. Power of chanting Shlokas

Shlokas are prayerful verses in Sanskrit that help us to see our connection and seek blessing from Bhagavan; God. (3 mins)

3. How we speak to our children shapes them for life

While the reasons we chose to be a parent could have been many, we can speak to our children such that we bring to life the statement from the Veda -
॥ Matr devo bhava ॥ Pitr devo bhava ॥ (7 mins)

4. Panchamahabhuta-s - our five great connections

When a family like ours is sitting at the dinner table, they and we discover the magic of connection to our five great elements - Panchamahabhuta-s. (10 mins)

5. Who is God?

The puzzle which is solved in a dialogue of Radha and her grandmother. (9 mins)

6. Why do we do Puja?

Puja is one of the most beautiful ways to show our love for Bhagavan and establish a strong relationship with him. (9 mins)

7. Three gifts everyone has

What do Radha and Varun learn about themselves when observing ants? (6 mins)

8. One God or Many Gods?

Do we have one God or many Gods? Why do we pray to so many Gods? Who are the Ishtadevata, the Kuladevata and the Gramadevata? (8 mins)

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

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



Little Chants for daily offerings



Link to videos

1. Shloka for Lord Ganesha

Prayer to Lord Ganesha

2. Shloka for Lord Rama

Prayer to Lord Rama

3. Maheshvara Sutrani

Each sound of the Sanskrit language is sacred as each sound has emerged from Lord Shiva's damaroo.

4. Shloka before meals

A sacred shloka from the Bhagavad Gita (Ch.4) that is chanted before meals.

5. Shloka for Lighting a lamp

Lighting the diya (lamp) every morning and evening is a beautiful offering to Bhagavan. It removes the darkness and brightens our lives with blessings.

6. Shloka for offering our actions unto Lord Narayana

We offer and dedicate all our actions done with the body, speech, mind, senses and intellect, either deliberately or impulsively, to Bhagavan Narayana.

7. Shloka for Guru

Our Namaskara to the Guru of Gurus

8. Shloka during Aarati-1

Our Namaskara to both Shiva and Shakti. Shiva, the essence of the entire Jagat, is always dwelling inside the lotus of my heart.

9. Shloka during Aarati-2

This sacred shloka from the Upanishads is chanted during the Arti. Chanting this shloka, we see the truth of the Lord and ourselves

10. Shloka during Pradakshina

As I make the pradakshinas, the circumambulations, I pray that may all my papas, i.e omissions and commissions done in this life and also in the previous lives and their resulting afflictions, perish.

11. Shloka for seeking forgiveness

May Bhagavan receive the puja done by me as complete even though sometimes the puja might be wanting in proper mantras, steps and in devotion. I pray sincerely to Bhagavan, to forgive me for any mistakes made in the puja procedure.

12. Prayer to Devi Saraswati

Namaskaara to you, O Goddess Saraswati, who is a giver of boons and who has a beautiful form! As I begin my studies, let there be success for me always.

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

Children's Corner



Prayers & Puja



MY TEMPLE VISIT IN A CROSSWORD PUZZLE !

M	D	Y	Q	X	Z	V	G	T	U	D	S	T	H	P
O	Q	M	L	I	D	I	B	W	C	K	Q	X	A	Z
O	G	A	S	L	U	R	K	H	G	P	Q	D	K	Z
K	D	W	Z	Q	S	U	K	T	E	O	M	D	A	R
A	L	S	A	F	P	P	T	A	Y	A	E	L	Y	A
M	D	A	W	Q	O	A	P	N	N	H	E	Z	A	K
B	X	H	C	V	B	K	N	A	M	Q	N	W	N	N
I	E	T	R	T	Y	S	B	W	U	I	A	O	I	A
K	P	A	A	S	D	H	F	S	G	H	K	J	V	H
A	K	N	L	M	A	A	N	I	B	V	S	C	I	S
X	Z	D	P	S	P	O	I	V	U	Y	H	T	H	A
R	E	M	W	W	Q	L	K	I	H	J	I	Q	D	M
S	W	A	D	J	E	F	A	H	H	L	U	T	D	I
D	M	R	W	Q	Z	X	X	S	D	E	Y	P	I	H
Y	X	Z	G	U	R	U	V	A	Y	U	R	D	S	B
U	D	U	P	I	S	R	I	K	R	I	S	H	N	A



(CLUE - Guruvayur , Udupi ShriKrishna , Mookambika Padhmanabhaswamy ,Virupaksha, Bhimashankar , Meenakshi , Ramanathaswamy, Siddhivinayak , Kashi Viswanath)

BY TANISHKA PILLAI, 10 years

I have watched all the videos of Shine and I love them all. All the videos are very informative and fun to watch. With the help of little chants for daily offerings, I have learned many new shlokas. Marga-Darshanam videos helped me to know more about myself and God. From the Pancha-mahabhutas video I came to know about my connection with the five great elements.

In the 'Who is God?' videos I understood more about Bhagavan, who has the six bhagas (Jnanam, Veerya, Shree, Yashas, Aishwarya and Vairagya). The Pooja video made me understand the importance of doing pooja and how to do pooja. The 'One God, Many Gods' video helped me in understanding that although we pray to many Gods there is only one limitless Bhagavan and we pray to his various forms. My most favourite one is the video on the three shaktis we have. The three shaktis with which we all are blessed are Icha Shakti (power to desire), Jnana Shakti (power to think) and Kriya Shakti (power to do). These three powers are connected to each other. Without any one of these three powers we would be hopeless. We use all these powers to help, not harm. Looking forward to more such wonderful videos!!!



Jyotika Nair, 11 years