





**Sanskrit supplement:** Pratibodhaviditam = to intuit the Atman in and through every modification of the mind.

**Contemplation:**

Close your eyes and think about each of the five koshas. With your mind and imagination, dissolve the food sheath into the energy sheath, the energy sheath into the mind sheath, the mind sheath into the intelligence sheath, the intelligence sheath into the bliss sheath. Then dissolve the bliss sheath into Atman.

~Then contemplate the *secret teaching of the hand*

**Activity:**

Using the plastic book, draw and layer the five koshas.



**Lesson Three:**

Na tatra suryo bhati na chandra-tarakam

n'ema vidyuto bhanti kuto'yam agnih

*(There)...the sun shines not, nor the moon, nor stars,  
nor lightning, nor fire, much less this tiny mortal  
flame of prana*

**Sanskrit:**

na = no, not

tatra = there

suryo = sun

na bhati = does not shine

chandra = moon

tarakam = stars

n'ema = nor these

vidyuto = lightning

agni = fire

**Story:**



Once there was a firefly floating on the evening breeze over a cool, sweet-smelling pond that was reflecting the stars above. He thought to himself, “see how bright I am! I shine like the stars in the sky. He hovered over the little pond admiring himself

shining in reflection along with all the stars. As he did so, the moon came out and all the stars disappeared and he could no longer see his reflection. (Why?) He flew away feeling so small. But far above the Earth, the moon looked down upon the ocean and thought, “Oh, I am so radiant! I light the waves, the hills, the trees, and all the waters and clouds with my beautiful silvery light.” As she traveled the dome of the sky she felt so proud. But as she approached the horizon, a bright yellow-

orange-pink glow appeared behind her. This light grew brighter and brighter until her silvery light seemed only a faded echo. Then the sun rose above the water and no more could the moon be seen. Now the sun lighted the entire landscape, and traveled across a clear blue sky, his brilliance reflecting off of all waters, glass, leaves, and rocks, infusing plants and animals with energy. “No one is brighter than me, he thought.” Is that true?



**Riddle:**

To see the sunrise where do you need to stand? To see the sun rise *and set* where do you need to stand? To see the sun rise over the whole Earth, where do you need to stand?

To see the moon circle the Earth, where do you need to stand? To see the planets of our solar system circle the Sun, where do you need to stand? To see the galaxies expand and contract where do you need to be? To see the entire universe projected and dissolved, where do you need to “be”?

**Discussion:**

- ★ Where does the sun’s light go on a cloudy day? Where does it go at night? Where does it go when you are asleep? Where does the sun’s light go when the sun is extinguished?
- ★ If everyone in the entire world was in deep sleep at the same time, would the sun be shining? Who would see it?
- ★ Do you use a flash light to see the sun? What happens if you try?
- ★ What is prana? Where does it come from?
- ★ Where does prana go when it leaves the body (at death)?
- ★ Who sees the prana?



**Contemplation:**

Close your eyes and think about all these different lights: prana, fire, lightning, moon, stars, and sun. How long do these lights last? Who sees all these lights come and go over time? Can these lights be seen without a seer?

**Activity:**

Take a used lampshade, exacto knife, tissue paper of different colors, Yes! glue, a brush, and begin to remake the lampshade with pictures of the sun, moon, stars, lightning, and fire. Create this new/remodeled lampshade so that

these objects do not show clearly until the lampshade is placed over a lamp and the light is turned on. The light represents the Self/Atman, whose light illumines all else.



**Lesson Four:**

tam-eva bhantam-anubhati sarvam

*That one Infinite Light shining,  
all else shines after It.*

**Sanskrit:**

- tam = that
- eva = verily
- bhantam = shining
- sarvam = all
- anubhati = shines after

**Discussion:**

- ★ What does infinite mean? Can there be more than one infinite thing? Explain.
- ★ Where does the moon’s light come from?
- ★ Where does the sun’s light come from?
- ★ What is the source of all light?

**Riddle & Story:**

***The sage and the king ~***

Sage: By what light do you see?

King: I see by the light of the sun.

Sage: At night, by what light do you see?

King: I see by the light of the moon.

Sage: It is the new moon night, by what light do you see?

King: I see by the light of the stars.

Sage: It is overcast. By what light do you see?

King: I see by the light of the fire.

Sage: Suppose you are blind, by what light do you see?

King: I see by the light of my senses.

Sage: Your outer senses are turned off in sleep, by what light do you see?

King: I see by the light of my mind.

Sage: By what light does your mind see?

What did the king say?

**Contemplation:**

Sit with eyes closed. Think about the conversation of the sage and the king. Carefully think about each question and answer in your mind.

**Activity:**

Continue working on the lampshade project.



**Lesson Five:**

tasya bhasa sarvam-idam vibhatih

*By Its Light, all else is lighted.*

**Sanskrit:**

tasya = its

bhasa = by light

sarvam = all

idam = this

vibhatih - shines

**Discussion:**

- ★ Why did Yama teach this Light Mantra to Nachiketas?
- ★ What is the difference between the sun's light and the light of Consciousness?

★ How do you tell the difference between the consciousness of your small self (unripe ego) and Consciousness?

**Riddle:** What is so big it cannot move?



**Lesson Six:**

*May all beings see this Light.*

*May the hearts and minds*

*of all beings become illumined!*

**Sanskrit:**

Daya = Compassion

**Discussion:**

- ★ How do beings see this Light?
- ★ Why do we pray for others to see this Light?
- ★ Can we help others to see this Light?

**Riddle:**

In the airplane the stewards tell us to “put your own mask on first before helping someone else.” Why do they say that? How does it apply to spiritual life?

**Story:**

**From the Ramayana ~**

After Hanuman found Sita imprisoned in Lanka by the evil Ravana, he flew over the ocean to tell Sri Ramachandra. Sri Ram then ordered a bridge over the ocean to be built. The giant bears and monkeys all helped by tossing small mountains and huge boulders into the ocean to form the bridge. Everyone wanted to help even the little chipmunks.

One day, Sri Ram was watching all the activity and noticed a family of chipmunks running to and fro between the sandy beach and the big rocks of the new bridge. First they rolled in the sand and then they would all dash to the bridge and do a little dance on the rocks. Then they were racing back to the beach. Leaning down close to these tiny, earnest creatures, Sri Ram asked them what they were doing. They all gathered round His Feet and made pranam, “Oh, Lord Ram, everyone is helping you to save the beloved Sita from Ravana. We are helping too. But we are so small and we must use all our paws for walking. Therefore we are catching the sand in our fur as we roll on the beach and shaking it off over the rocks to make them more steady for You and Your army.” Sri Ram was moved with great love and compassion for their valiant spirits and effort. He reached out and blessed them by stroking their backs with two fingers, leaving behind two beautiful black stripes. Ever since, all chipmunks show the marks of Sri Ram’s Grace.

**Contemplation:**

Sit with eyes closed and think about this statement from a great Buddhist Master. “*All the suffering in the world comes from wanting happiness for oneself. All the happiness in the world comes from wanting happiness for others.*” - Shantideva



**Activity:** Lampshade project

***“Spiritual knowledge is the only thing that can destroy our miseries forever; any other knowledge satisfies wants only for a time”***  
**Sw. Vivekananda**



***Setting the feet of humanity solidly  
on the path of universal Truth***

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