



# Sanskar Gurukul Weekly Update



**Class Name:** Prahlada

**Week# 14:** Jan 20 2013

## General Assembly

We started the GA with three Om's followed by the Shanthi Mantra. Aparna aunty lead a discussion as to why we chant three Ohms? : ---To make our minds calm, to get ready and be focused. We chanted Om's couple more times to figure out the three components and where they resonate from. In Om, there is 'a' there is 'u', and there is 'm'. When we chant we are aligning three of our 7 energy centers, making us feel rejuvenated. Try to be cognizant of what happens inside as you every time you chant Om. Then Aparna aunty lead us on a meditation.

## Class

We continued with Mahabaratha. Recapped how Yudhistira won the lives of his brothers from Yakhsa who was lord Dharma. Continued with Pandavas preparing to go on their thirteenth year living unrecognized. Finally they decide on Matsya kingdom and the city of Virata. Each of the Pandavas come up with a profession they can use in Virata. King's companion, Chief cook/gymnasium chief, dancer/musician, stable boy, cowherd and queens personal decorator re the jobs used by Pandavas in Virata. Vallala (Bheema) defeats a wrestler from a distant land who has come to Virata and saves the kings pride. Queen Sudeeshna's brother Keechaka tries to Win Draupadi and is unsuccessful.

Class ended with closing prayers.

## Homework

None

## Announcements