

BALVIKAS – HINDUISM:ATMA

Activity 1 – Brainstorming debate

Atma means soul – we will go round the class and now ask each one of you what you think a soul is

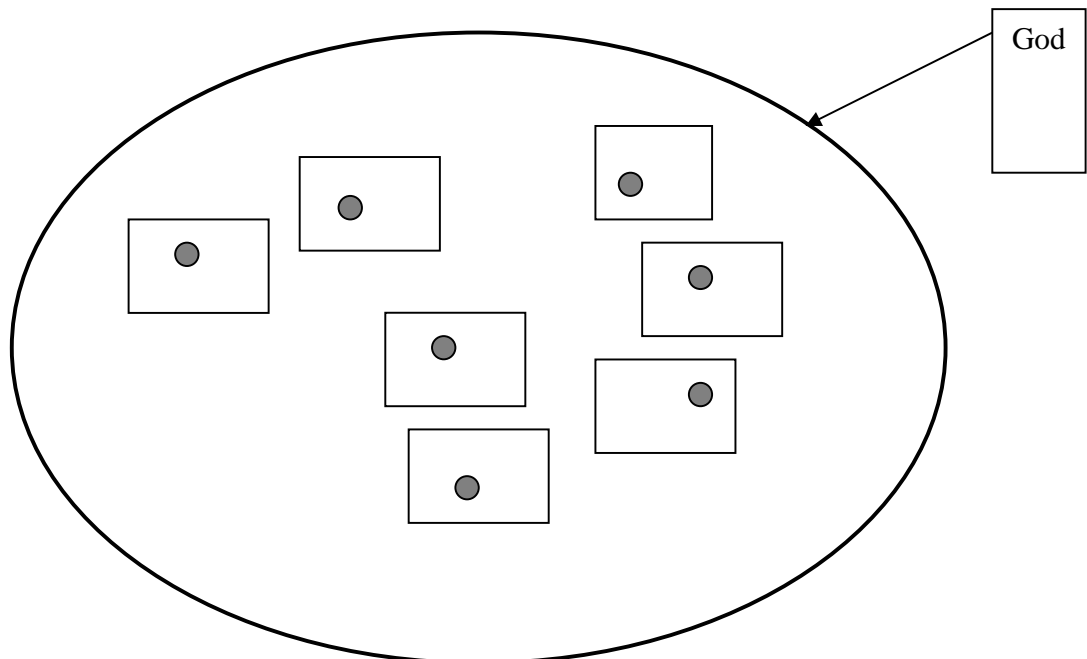
Activity 2 – What is Atma?

Atma is a part of God that exists within us all. It is like drops of water in the ocean they are still individual drops but the drops are part of the ocean. It is not made and can never be destroyed.

Baba has said:

The body is like a water bubble. It will disappear one day or the other. You are not the body that has birth, growth, decay and death ultimately. Therefore, Lord Yama exhorted Nachiketha to realize the to realize the Atma Thathwa that has no birth and death. Then, the question arises as to what is Atma? Atma has no form. It is infinite, indescribable and immeasurable.

Look at the diagram below. If the outer circle is God what do the inner rectangles and circles represent? See if you can label the large and small circles inside the outer circle.



Activity 3 – The Light bulb experiment – How does Atma work?

Baba said:

Look! There are several electric bulbs glowing here. Though the bulbs are of different sizes colours and capacity the electrical energy manifesting as light through them is one and the same. Similarly the same divine power is present in every living being and makes it function.

Now watch your teacher.

Activity 4 – How do we find Atma?

You cannot see the atma with your physical eyes (Charma Chakshu) you have to use your inner vision (Jnana Chakshu) to see the atma or God within us.

Question:

1. Can you see love?
2. Do you love your mother? Can you see the love that you feel for your mother? Even though you cannot see the love do you know for sure that you love her?

In the same way we know that the atma is there. How can we come to know it? Through prayers, bhajans and meditation we come closer to feeling it. Even though we cannot see it, after a while you will be able to feel it. Coming to know atma is called Atma Jnana.

Homework:

Think of things that you cannot see with your physical eyes but that you know exist. List at least two items.

(all excerpts are take from Bhagawan Sri Sathya Sai Baba's discourse of 19th Feb 2004)