

## BALVIKAS – KRISHNA LESSON 2

### ACTIVITY ONE – VISUALISATION

Think of Krishna as a child, what does he look like and how do you feel about him?

Krishna is known as ManMohan the one who captures the mind and heart. This is what Baba has said about him:

*Krishna draws the mind away from sensory desires; that is another way in which the draw operates. He pulls the mind towards him and so, they are pulled away from everything else, for everything else is inferior, less valuable. He satisfies the deepest thirst of man, for peace, joy and wisdom. That is why He is Meghashyaama---dark-blue as the rain cloud. The very sight of the rain-laden cloud is so refreshing. He is lotus-eyed, lotus palmed, lotus-soled; the lotus is reminiscent of cool, calm, deep lakes of limpid water, the water that quenches thirst. When Krishna-thrisha is quenched, the highest Aanandha is attained; there is no more need, no more want, defect or decline. The urge to drink inferior drinks, that only feed the thirst, disappears when once the sweetness of Krishna naama and Krishna bhaava (name and thought of Krishna) are tasted. Sense objects are like sea water that can never allay thirst. Raadha, Godha, Meera, Chaithanya, Raamakrishna, Suurdas---they knew the nectarine taste of that Name.*

*Sathya Sai Baba - Discourse at Madras*

### ACTIVITY TWO – BHAJAN

#### **Chittha Chora Yashoda Key Bal**

Navaneetha Chora Gopal  
Gopal Gopal Gopal, Govardhanadhara Gopal  
Gopal Gopal Gopal Gopal  
Govardhanadhara Gopal

**Meaning:** O Lord Gopala Beloved son of Yashoda. Captivator of hearts of devotees.

### ACTIVITY THREE – CONTINUATION OF THE STORY OF KRISHNA

