

Dhyan: Vraj, Jambu, Jav

Objective:

- The student should be able to recognize the Cheens on the Lords Charan

Required Materials:

Step-By-Step Procedures:

1. Explain to the students the term "Dhyan"
2. Explain in simple terms the word 'Cheen' and 'Charan' including;
 - a. How many on right Charan
 - b. How many on left Charan
 - c. Total number of Cheens on Charan
3. In simple terms explain why the Bhagwan's Charans are important.
4. Vraj
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image board
5. Jambu
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image on board
6. Jav
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image board
7. Get the students to draw the Cheen images and look at the Cheens shape, feature, and orientation. Now get the students to close their eyes and try to visualise the shape in the mind and explain what they are seeing. Finally get the students to find two words from the word search.

Closure (Reflect Anticipatory Set):

1. The teacher to summarise the points covered in the teachers plan

Dhyan: Vraj, Jambu, Jav Teachers Notes

1. What is Dhyan? Dhyan means to mediate.
2. What is Charan? When we refer to Bhagwan feet, we call it Charan. What are Cheen? Cheens are special symbols, feature on Bhagwan's divine body. On Bhagwan's right Charan there are 9 Cheens. On Bhagwan's left Charan there are 7 Cheens.
3. To draw the Vraj Cheen
4. To draw the Jambu Cheen
5. To draw the Jav Cheen

Vajra - Sword: Inner negative forces and evils are overcome



Jambu - Blackberry: Liberated from the desire of taste



Jav – Barley Grain: Attainment of inner tranquility and eradication of sins



Dhyan: Matsya, Trikon, Gaupad

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Required Materials:

Step-By-Step Procedures:

1. Explain to the students the term "Dhyan"
2. Explain in simple terms the word 'Cheen' and 'Charan' including;
 - a. How many on right Charan
 - b. How many on left Charan
 - c. Total number of Cheens on Charan
3. In simple terms explain why the Bhagwan Charans are important.
4. Matsya (Meen)
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image on board
5. Trikon
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image board
6. Gaupad
 - a. Show the image
 - b. Say the name of the Cheen
 - c. Show the location, direction and orientation
 - d. Draw the image on board
7. Get the students to draw the Cheen images and look at the Cheens shape, feature, and orientation. Now get the students to close their eyes and try to visualise the shape in the mind and explain what they are seeing. Finally get the students to find three words from the word search.

Dhyan: Matsya, Trikon, Gaupad Teachers Notes

1. What is Dhyan? Dhyan means to mediate.
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3. To draw the Matsya Cheen
4. To draw the Trikon Cheen
5. To draw the Gaupad Cheen

Matsya - Fish: Permanent and inseparable bond developed with Lord Swaminarayan. In the same way that a fish cannot live without water



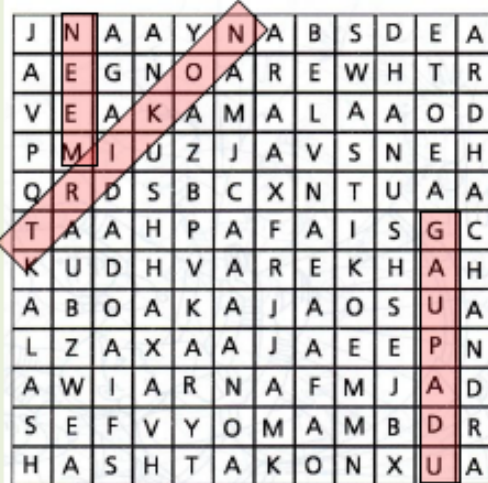
Trikon - Triangle: The three forms of suffering, being mental suffering, suffering imposed by other beings and natural hardships are eliminated



Gaupad – Cow Foot Print: Easily able to break away from the cycle of birth and death, in the same way that one is able to easily stride over the foot print of a cow



Get the students to find the three Cheens from word search below.



Left Feet

KALASH
MEEN
VYOM
TRIKON
ARDHACHANDARA
DHANUSH
GAUPAD

Right Feet

ANKUSH
JAMBU
JAV
ASHTAKON
UDHVAREKHA
SWASTIK
KAMAL
DHVAJ
VRAJ

Review / Closure Questions

1. What does the Matsya Cheen mean?
2. What does the Trikon Cheen mean?
3. What does Gaupad mean?
4. What does Charan mean?
5. What does Cheen mean?
6. How many Cheens on Bhagwan's right Charan?
7. How many Cheens on Bhagwan's left Charan?