



HINDU SRI

Term 4 Program material



Hindu
Heritage
Foundation
Victoria

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Term 4 outcomes

Concepts	Goddess <i>Lakshmi</i> , <i>Saraswathi</i> , <i>Durga</i>
Religious Symbols	Hindu worship
Festivals	<i>Navarathri</i> , <i>Deepavali</i>
Values	Healthy food, good habits, <i>Bhojan</i> mantra (Prayer before food)

Hindu Special Religious Instruction Program Schedule

(Based on Hindu Dharma - a Teacher's Guide)

Week	Prayer/Slokas- 10 min Multi age group session		Hindu Dharma - 20 min Multi age group session
1	3 AUMs and "Sahanavavtu"	<i>Kayenavacha</i> <i>Sloka</i>	Goddess - <i>Lakshmi</i>
2	3 AUMs and "Sahanavavtu"	<i>Purnamadah</i> <i>Sloka</i>	Goddess - <i>Saraswathi</i>
3	3 AUMs and "Sahanavavtu"	<i>Purnamadah</i> <i>Sloka</i>	Goddess - <i>Durga</i>
4	3 AUMs and "Sahanavavtu"	<i>Purnamadah</i> <i>Sloka</i>	Festivals - <i>Navarathri</i>
5	3 AUMs and "Sahanavavtu"	<i>Purnamadah</i> <i>Sloka</i>	Festivals - <i>Deepavali</i>
6	3 AUMs and "Sahanavavtu"	<i>All Slokas</i>	Hindu worship – <i>Puja</i>
7	3 AUMs and "Sahanavavtu"	<i>All Slokas</i>	Revision of the year – quiz

Sri Lakshmi



Lakshmi is the Hindu goddess of wealth, prosperity (both material and spiritual), fortune, and the embodiment of beauty. She is the consort of the god *Vishnu*. Also called *Mahalakshmi*, she is said to bring good luck and is believed to protect her devotees from all kinds of misery and money- related sorrows.

Lakshmi is worshipped daily in Hindu homes and Indian shops as the goddess of wealth. She is also worshiped as the consort of *Vishnu* in many temples.

To (1) _____, money is not the only wealth. Good health, courage, children and food resources are all considered as (2) _____. We need all these types of wealth to be (3) _____. Lakshmi sits on top of a (4) _____ lotus flower and has four hands. She holds two lotus (5) _____ in two hands and other two hands (6) _____ us.

Hint: flowers; Hindus; happy; pink; wealth; bless

Number the hint words correctly above

Ashta Lakshmi



Eight manifestations of Shri Lakshmi is worshipped as Ashta Lakshmi. Ashta Lakshmi (Sanskrit: अष्टलक्ष्मी, Aṣṭalakṣmī - eight Lakshmis), are a group of eight Hindu goddesses.

The prayer Shri Ashta Lakshmi Stotram lists the Ashta Lakshmi as follows:

	Name	Benefit of worshipping this form	Picturised as
1	Adi Lakshmi — आदि लक्ष्मी or Maha Lakshmi — महा लक्ष्मी	Provides all around happiness.	Aadi-Lakshmi or Maha-Lakshmi is a primeval form of Goddess Lakshmi, regarded as the daughter of sage Bhriugu and wife of Lord Vishnu or Narayana. Aadi-Lakshmi is often depicted as the consort of Narayana living with him at his home in Vaikuntha, or sometimes seen as sitting in his lap, and her serving of Lord Narayana is symbolic of her serving the entire universe. Carries a lotus and a white flag. Two arms in Abhaya mudra and varada mudra.
2	Dhana Lakshmi — धन लक्ष्मी Money Lakshmi	Gives of all material wealth such as money, gold, house, car etc.	Six-armed, in red garments, carries chakra (discus), shankha (conch), kalasha (water pitcher with mango leaves and a coconut on it) or Amrita kumbha (a pitcher containing Amrita - elixir of life), bow-arrow, a lotus and an arm in abhaya mudra with gold coins falling from it.
3	Dhanya Lakshmi — धान्य लक्ष्मी	Gives agricultural wealth.	Eight-armed, in green garments, carries two lotuses, gada (mace), paddy crop, sugarcane, bananas, other two hands in abhaya mudra and varada mudra.
4	Gaja Lakshmi — गज लक्ष्मी, Elephant Lakshmi	Gives animal wealth, like cattle and elephants.	Four-armed, in red garments, carries two lotuses, other two arms in abhaya mudra and varada mudra, surrounded by two elephants bathing her with water pots.
5	Santana Lakshmi — सन्तान लक्ष्मी Progeny Lakshmi	Bestower of offspring.	Six-armed, carries two kalashas (water pitcher with mango leaves and a coconut on it), sword, shield, a child on her lap, a hand in abhaya mudra and the other holding the child. The child holds a lotus.

6	<p>Veera Lakshmi — वीर लक्ष्मी Valorous Lakshmi or Dhairya Lakshmi — धैर्य लक्ष्मी Courage Lakshmi</p>	Bestower of valour in battles and courage and strength for overcoming difficulties in life.	Eight-armed, in red garments, carries chakra, shankh, bow, arrow, trishul (or sword), a bundle of palm leaf scriptures, other two hands in abhaya mudra and varada mudra.
7	<p>Vijaya Lakshmi — विजय लक्ष्मी, Victorious Lakshmi or Jaya Lakshmi — जय लक्ष्मी Victorious Lakshmi</p>	Giver of victory, not only in battles but also in conquering hurdles in order to beget success.	Eight-armed, in red garments, carries chakra, shankh, sword, shield, lotus, pasha, other two hands in abhaya mudra and varada mudra.
8	<p>Aishwarya Lakshmi — ऐश्वर्य लक्ष्मी Prosperity Lakshmi</p>	Goddess of riches.	Four-armed, in white garments, carries two lotuses, other two arms in abhaya mudra and varada mudra.

Find words associated with Goddess Lakshmi in the table below:

P	A	V	R	H	G	O	S	J	W
E	G	A	R	U	O	C	I	Y	E
R	L	I	S	U	D	N	I	H	A
M	O	N	E	Y	D	C	H	U	L
A	S	U	C	C	E	S	S	H	T
N	I	I	M	H	S	K	A	L	H
E	M	W	V	I	S	H	N	U	A
N	E	U	Y	T	V	X	A	M	P
T	P	R	V	O	Z	B	E	P	P
H	W	W	B	Y	A	V	U	P	Y

Answer:

COURAGE; GODDESS; HAPPY; HINDUS; LAKSHMI; MONEY;
PERMANENT; SUCCESS; VISHNU; WEALTH

Write other names of Lakshmi that you may know:-

Saraswathi



Saraswathi is the Hindu goddess of knowledge, music, arts and science. She is the companion of *Brahma*. She is a part of trinity, *Saraswathi*, *Lakshmi* and *Parvathy*. *Saraswathi* represents intelligence, consciousness, cosmic knowledge, creativity, education, enlightenment, music, the arts, eloquence and power.

Fill up the blanks in the following, using the provided hints.

Saraswathi is the Goddess for learning, knowledge, arts, sciences, crafts and all skills. She wears a ----- saree and sits on a white ----- . She is the wife of Lord ----- . Her two hands hold ----- a string musical instrument. She holds a ----- in the third hand and a garland in her ----- hand. One has to pray to her everyday ----- studying. She is worshipped specially during ----- or *Navarathri* festival.

Hint: Dasara, fourth, white, veena, lotus flower, before, book, Brhama

Durga



Durga, - meaning the invincible is a popular fierce form of the Hindu Goddess or *Devi*. She is depicted with multiple arms carrying various weapons and riding a ferocious lion or tiger. She is often pictured as a warrior women, battling demons, particularly *Mahishasura*, the buffalo demon.

Durga is the consort of Lord *Shiva*. *Durga* is sometimes equated with *Mahadevi*, the Supreme Goddess. Her triumph as *Mahishasura Mardini*, Slayer of the buffalo demon is a central episode of the scripture *Devi Mahatmya*. Her victory is celebrated annually in the festivals of *Navaratri* and *Durga Puja*.

Goddess *Durga* is the mother of the universe and is believed to be the *Shakti* - power or energy behind the work of creation, preservation, and destruction of the world. Since time immemorial she has been worshipped as the supreme power of the Supreme Being and has been mentioned in many scriptures - *Yajur Veda*, *Vajasaneyi Samhita* and *Taittareya Brahmana*.

Exercise on Saraswati

Say whether the following sentences are **true** or **false**. If false correct the mistake.

- 1 . Only in Hindu religion we have Goddesses. _____
- 2 . Goddess *Saraswathi* gives us money. _____
- 3 . Goddess *Saraswathi* sits on a pink lotus flower. _____
- 4 . The bird swan can separate milk from milky water. _____
- 5 . Elephant is the *vahana* for Goddess *Saraswathi* _____

Unjumble the following words:-

A W S A R S T I A

C E C O O K P

N V E A E

G N K W O D L E E

O O K B

S O D G E S D

Exercise on Durga

Fill the blanks using the hints provided.

Goddess *Durga* is the combined form of the----- of all Gods ----- to the demons. She is also ----- as *Maheswari*, *Parvathi* and *Uma*. She is the wife of Lord -----.

She rides on a -----.

She ----- good people from -----.

She is always ----- those who are good, truthful and honest. We ----- to Goddess *Durga* to remove the bad thoughts that come to our mind.

Hints: kind; power; protects; evil; pray to; Shiva; known; kill; lion

FESTIVALS

Festivals are important because they bring happiness and remove boredom from our everyday lives. Festivals make people think about society and God. They help to maintain the culture. During festival time, people decorate their houses, street and towns. They celebrate through drama, dance and music. Festivals thus make people happy and bring the community together.

NAVRATHRI (DASARA)

The festival of *Navrathri* - *Nav* means nine, *Rathri* means night. In some places, *Navrathri* is also celebrated as *Dasara* - *Dasa* means ten. This is the period when the three Goddesses - *Durga*, *Lakshmi* and *Saraswathi* are worshipped.

Navrathri celebration starts with the worship of *Durga*, invoking her *Shakthi* for the removal of the negativities and obstacles in our life.

The first three days of *Navrathri* are devoted to *Durga*. People pray to Goddess *Durga* to take blessings so as to destroy all the inner negativities. The next three days are devoted to the worship of *Lakshmi*. When you need courage, *Dhairya Lakshmi* provides it; Valour by *Virya Lakshmi*; material resources by *Dhaanya Lakshmi* and *Dhana Lakshmi* and so on. That is why *Lakshmi* in eight forms known as *Ashta Lakshmi* is worshipped.

Even if *Lakshmi* provides all the resources needed for action, we need *Vidya* (knowledge) and *Viveka* (power of discrimination) to use these resources in the right manner.

To make an intelligent choice, we need a well-informed mind, the education needed for this is given by *Saraswathi* whose *Shakti* is invoked in the final three days of *Navrathri*.

At the conclusion of nine days of prayer and meditation, we celebrate *Vijayadasami* day. (*Vijaya* = Victory; *dasami* = tenth day).

On this day, students rededicate themselves to their study through formal recitations from their books and paying their respects to their *Guru*, professionals rededicate themselves to their work symbolically by worshipping the tools of their trade.

Answer the following questions:

1. Why are festivals important?
2. How many Goddesses are worshipped during *Navarathri*?
3. How does Goddess *Durga* bless us?
4. What does Goddess *Lakshmi* provide us?
5. Why do we need the blessings of Goddess *Saraswathi*?
6. Name another word that starts with *Dasa*?

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1. Write three reasons why are festivals important?
 - a.
 - b.
 - c.
 2. Why do we celebrate *Navarathri*?
 3. Name the Goddesses who are worshipped during the festival of *Navarathri*.
 4. Why do we need the power of Goddess *Durga*?
 5. Describe different wealth that Goddess *Lakshmi* can provide us?
 6. Do we need the blessings of all the three Goddesses to be successful in our lives? Why?
 7. How many forms of *Lakshmi* are worshipped?
 8. How many forms of *Durga* are worshipped?
 9. Did you celebrate *Navarathri* in your house, if so what did you do to celebrate?

Hindu Worship

Puja or *Pooja*, (*Sanskrit*: reverence, honour, adoration, or worship) is a religious ritual performed by Hindus as an offering to God. Daily *puja* is done in the home. *Puja* is done in temple ceremonies and large festivals. *Puja* can be performed in a very simple manner or in a grand scale.

Puja is modeled on the idea of making an offering or gift to a deity or important person and receiving their blessing in return.

There are 16 steps (*shodasha upachara*) that are common in all varieties of *puja*:

1. *Avahana* – Invocation. The deity is invited to the ceremony from the heart.
2. *Asanam* – The deity is offered a seat.
3. *Padyam* – The deity's feet are symbolically washed.
4. *Argyam* – Water is offered for washing the head and body.
5. *Aachamanam* – Water is offered so the deity may wash its mouth.
6. *Snana or abhisekha* – Water is offered for symbolic bathing.
7. *Vastra* - Clothing. Here a cloth may be wrapped around the image.
8. *Upaveetam* or *Mangalsutra* - Putting on the sacred thread.
9. *Gandham* – Perfumes and ointments are applied to the image. Sandalwood paste or *kumkum* is applied.
10. *Pushpa* – Flowers are offered before the image, or garlands draped around its neck.
11. *Dhupa* – Incense is burned before the image.
12. *Deepa* or *Aarti* – A burning lamp is waved in front of the image.
13. *Naivedya* – Foods such as cooked rice, fruit, clarified butter, sugar, and betel leaf are offered.
14. *Namaskara* or *pranama* – The worshipper and family bow or prostrate themselves before the image to offer homage.
15. *Parikrama* or *Pradakshina* – Circumambulation around the deity.
16. *Mantra pushpam* - Taking leave.

Daily Short Puja



Each time when you say '*Samarpayami*' (literally: I am offering), please offer two *akshathas* to the Lord with love and devotion.

Akshatha is uncooked rice, if possible colored with *kumkum*, saffron powder, turmeric powder and a little bit of water.

Instructor Note:

The actual puja is not to be performed at school in the group session with children – only explanation and understanding the procedure is the expected outcome.

1	<i>Dhyaanam Samarpayami</i>	Think or meditate on the Lord
2	<i>Aawaahanam Samarpayami</i>	Offering invitation the Lord
3	<i>Aasanam Samarpayami</i>	Offer a seat to the Lord
4	<i>Paadyam Samarpayami</i>	Offer water to wash the feet
5	<i>Arghyam Samarpayami</i>	Offer water to wash the hands
6	<i>Aachamaneeyam Samarpayami</i>	Offer water to drink
7	<i>Snaanam Samarpayami</i>	Give bath to the Lord
8	<i>Maha Abhishekam Samarpayami</i>	Main head bath
9	<i>Pratishtaapayaami</i>	Make Him/Her seated
10	<i>Vasthram Samarpayami</i>	Offer clothes to the Lord
11	<i>Yajnopaveetham Samarpayami</i>	Offer the Holy Thread to the Lord
12	<i>Gandham Samarpayami</i>	Offer sandalwood paste/powder
13	<i>Akshatham Samarpayami</i>	Offer <i>Akshatha</i> to the Lord
14	<i>Pushpam Samarpayami</i>	Offer flowers to the Lord
15	<i>Ashthothra Poojam Samarpayami</i>	Offer the Holy 108 names of the Lord
16	<i>Dhoopam Aaghraapayaami</i>	Offer <i>agarbatti</i>
17	<i>Deepam Darshayaami</i>	Offer light
18	<i>Neivedyam Samarpayami</i>	Offer food to the Lord
19	<i>Phalam Samarpayami</i>	Offer Fruits the Lord
20	<i>Taamboolam Samarpayami</i>	Offer beetle nut and leaves
21	<i>Dakshinam Samarpayami</i>	Offer money to the Lord
22	<i>Maha Nirajanam Samarpayami</i>	Main <i>aarati</i> with camphor
23	<i>Pradakshinam Samarpayami</i>	Taking clockwise rounds in front of the lord
24	<i>Namaskaram Samarpayami</i>	Prostrations Offer them
25	<i>Mantra Pushpam Samarpayami</i>	Both incantations and flowers
26	<i>Praarthanaam Samarpayami</i>	Offering prayers; List your requests
27	<i>Kshamaapanam Samarpayami</i>	Offering apologies to Lord for any mistakes

***Bhakti* - Devotion**

The *Sanskrit* word *bhakti* means devotion. *Bhakti* is devotion and is an act of respect and service which is highly regarded by Hindus.

Types of *Bhakti*

Devotion to mother:	<i>Matur bhakti</i> - celebrating mother's day.
Respect to father:	<i>Pitur bhakti</i> - celebrating father's day.
Respect to the teacher:	<i>Acharya bhakti</i>
Service to the country:	<i>Desa bhakti</i> .
Devotion to the God:	<i>Ishvara bhakti</i>

Ishvara bhakti can be shown in any of the following manner.

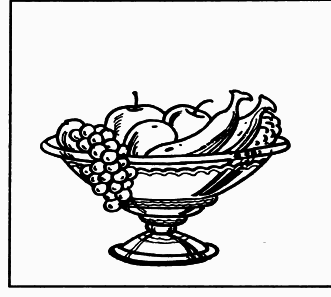
<i>Sravaṇa</i> :	Listening to stories which show the glories of God.
<i>Kirtana</i> :	Singing <i>bhajans</i> and songs
<i>Smarana</i> :	Repeating the God's name
<i>Archana</i> :	Doing puja to the God

Ishvara bhakti can be performed by any of the art forms.

- Drawing an image of *Bhagavan*
- Singing songs and *bhajans*
- Dancing and drama acting based on stories from *Ramayana*, *Mahabharata* and *Bhagavatam*.

Solving a crossword puzzle, a quiz and any reading of *Bhagavan's* stories is a way of *bhakti* or devotion.

Prayer before eating
food
Bhoajana
Mantra



brahmaarpanam brahma havir
brahmaagnau brahmanaa hutam
brahmaiva tena gantavyam
brahma karma samaadhinaha

Sanskrit to English Word Meaning

brahma - Brahman; *arpanam* - the means of offering; *brahma* - Brahman; *havir* - oblation; *brahmaagnau* - unto the fire that is Brahman; *brahmana* - by Brahman; *hutam* - is offered; *brahma* - Brahman; *eva* - indeed; *tena* - by him; *gantavyam* - to be reached; *brahma-karma-samadhina* - by the one who is abiding in Brahman

Translation

Any means of offering is Brahman, the oblation is Brahman, the fire in which the offering is made is Brahman, the one who offers is also Brahman. Indeed Brahma is gained by such a person who abides in Brahman.

Brief Explanation

This verse from the *Bhagavad Gita* (Chapter 4, verse 24) is commonly chanted before meals. Brahman is the name for the Lord, the cause of the whole creation. Looking at the whole creation as an effect, Brahman is seen as the cause of everything. The effect does not exist separate from its cause. For example, a golden chain (effect) does not exist separate from gold (its cause). In fact, in its reality, the 'chain' is only a name given to the material.

