

How to Celebrate Atma Sakshatkar (Self Realization) Divas in BSK

Start with the following:

- Om kar chanting.
- Reverence for the Guru (Guru Vadana: Gurur Brahma, Gurur Vishnu....)
- Guru Dev *Mansik Poojan* (Worship in heart)
- Asaramayan path

Discussion on Atma Sakshatkar

Meaning of Atma Sakshatkar:

Explain to children in very simple words the meaning of Atma Sakshatkar (Self Realization), also can explain with some examples.

For an Example:

Once upon a time in a jungle a tigress died soon after giving birth to a cub. The cub was brought up by Sheep. The cub while growing with a flock of sheep, started to think itself as a sheep. The cub used to eat, walk like a sheep; it even used to run away on listening the roar of a tiger. Once a Saint felt pity for that cub and made it realize itself through the water of a pond. Our situation is similar to the situation of the cub. In reality we are Atma (soul) but due lack of proper knowledge we think of ourselves as body and experience happiness and sorrow in this world.

In reality knowing one's own self is Atma Sakshatkar.

Necessity of Guru for Atma Sakshatkar:

Just like the cub imagined himself to be a sheep and was living a pity life until it received the blessing of the Saint, and upon receiving the Saint's blessing it recognized it's original self. Similarly till a person gets the blessing of Guru, he imagines himself as body and suffers with several instances of happiness and sorrow in this world.

Even to learn a small thing we need teacher, similarly to reach to the destination of Atma Sakshatkar (Self Realization) we need an Accomplished Guru and is impossible without that.

Therefore it has been said:

“Guru Bin Gyan Na Upjay, Guru Bin Mite Na Bhed!

Gur Bin Sanshay Na Mite, Jay Jay Jay Gurudev!!”

Pujya Bapujis words about Atma Sakshatkar:

In this world there might be around 1.5 corers people celebrating birthday daily, about 1lakh people’s marriage anniversary, may be many politicians take oath on that day, there might be a dozen devotees who might have seen god on the same day but **Atma Sakshatkar Divass**(Self Realization Day) is seen very rarely. Hence, O Mankind! You also make your aim to attain Atma Sakshatkar (Self Realization). It is not at all difficult, just need to aspire it deeply and be determined.

Human Body - a means to attain Atma Sakshatkar:

Atma Sakshatkar is only possible in human body because only human body has a brain and devotion capable of attaining Atma Sakshatkar.

We should utilize this human body gained after 44 lakh births in different species, for attaining Atma Sakshatkar (Self Realization) only.

The Supreme Goal:

Atma Sakshatkar is the only supreme goal; it is for attaining Atma Sakshatkar that Lord Buddha sacrificed his kingdom, it for Atma Sakshatkar that Swami Ram Tirth used to weep entire night; it is for Atma Sakshatkar that Swami Vivekananda left all educational degrees and surrendered himself at the feet of Ramakrishna Paramhamsa.

Pujya Bapujis Life:

Play the CD “Humhara Pyara Balsanskar” and also have a detail discussion about the eagerness Pujya Bapuji had to attain Atma Sakshatkar .

Question & Answers:

Which Great Personality helped the saint to attain Atma Sakshatkar ?

Disciple	Guru
Raja Janak	Ashtavakra
Ramakrishna Paramhamsa	Totapuri
Prahalad	Narada
Pujya Bapuji	Pujya Sri Lilashahji Maharaj
Lord Rama	Vashist Ji
Lord Krishna	Sandipani Muni
Shivaji	Samarth Ramdas
Dhruva	Narada

Which Great Personality attained Atma Sakshatkar at what age?

Pujya Sri Lilashahji Maharaj	16 years
Swami Rama Tirtha	22 years

Pujya Babuji	22.5 years
Prahalad	11 years
Dhruva	5 years
You	??

Ask these questions and encourage them to attain Atma Sakshatkar . You can also organize a play based on the stories of Dhruva or Prahalad from Bal Sanskar book.

Game:

Play a game on things that help in attaining Atma Sakshatkar and things those are hindrance for attaining Atma Sakshatkar

Helpful	Hindrance
Maun (keeping Silent) , Coming to Bal Sanskar	Laziness, Telling Lies and DECEITFULNESS
Doing Japa ,Speaking in Pleasant voice	Anger , Fast Food
Doing Meditation , Good Manners	Bad Company ,Watching Movies
Satsang ,Reading Scriptures	Fashion , Showing disrespect to parents
Seva	Spend thrift
Donation	Tea , Coffee, unnecessary of mobile

On saying all the thing that are helpful for Atma Sakshatkar children should say “Yes”, on saying all the things that are Hindrance to Atma Sakshatkar children should say “No”. After the game make children do Kirtana (2 min) and make them sit silently. Make children count their breath.

Dhyan , Sankalp:

Play Casio or Dhyan CD and make children sit silently and do meditation. Take Sankalp and ask children to take Sankalp (resolution) to attain Atma Sakshatkar in this birth itself. In the end celebrate with Sankirtan Yatra or Bhajan CD.

Conclusion

- Aarthi
- Purna-vritti
- Distribute Prasada