

Who am I?

- Emphasis that name is a label.
- My is different from I.
- I am indestructible, and immutable.
- Atman is eternal, forever, part and parcel of God
- Our outlook should be eternal

Trikal Sandhya

- Definition of Tri and kal
- Definition of Sandhya
- Wakeuptime is gift of Smruti Daan
- Meal time is gift of Shakti Daan
- Bed time is gift of Shanti Daan
- God is within each one of us
- God is my silent partner
- God is my active partner
- Teaches us to ask for forgiveness and give forgiveness.
- Reminds me daily about God's love for me.
- Surrender only to God.

Bodh Vachanaani

- Definition of Bodh and Vachanaani
- Students who graduated from the Gurukuls and Tapovans were given the Bodh Vachanaani
- Satyam Vad (Speak the truth)
- Dharmam Chara (Follow righteousness) code of ethics
- Maatrudevo Bhava (Treat your mother as God)
- Pitru devo Bhava (Treat your father as God)
- Acharyadevo Bhava (Treat your teacher as God)
- Atithidevo Bhava (Treat your guests as God)
- Swaadhyayaanmaa Pramadah (Do not be lazy in the study of scriptures)
- Shraddhayaa Deyam (Give with faith)

Krutagnata

- Definition of Sheel
- Discuss the lack of character in the present world
- Problems of present world due to lack of character
- Four aspects of character, Krutagnata, Tesajvita, Asmita and Namrata
- Definition of Krutagnata - Kruta = done for you Gnya= to realize

- Gratitude to mother and father
- Gratitude to teachers
- Gratitude to society
- Gratitude to nation
- Gratitude to Rishis
- Gratitude to God
- Trikal Sandhya for remembering gratitude to God