OM DRAM DATTAYA NAMAH

DATTAYA SA-MAA-RAAM-BHAAM
NA-RA-SIM-HAA-DI-KA MADH-YA-MAM
SACH-CHID-AA-NAN-DA PAR-YAN-TAAM
VANDE GURU PA-RAAM PA-RAAM

FROM DATTATREYA
THROUGH NARASIMHA
ENDING WITH SACHCHIDANANDA
I BOW TO THAT LINEAGE OF GURUS

SRI BALA DATTA DARSHANAM

OM DRAM DATTAYA NAMAH

DATTA-TRE-YA SA-MAA-RAAM-BHAAM
NA-RA-SIM-HAA-DI-KA MADH-YA-MAM
SACH-CHID-AA-NAN-DA PAR-YAN-TAAM
VANDE GURU PA-RAAM PA-RAAM

DATTATREYA YOGA CENTRE TRINIDAD

Name : ________________________________

Number of Mantras Written : _______

Issue : No. 2
Swamiji has instructed that we chant **OM AIM HREEM SREEM** every morning for success of all works during the day.

Write the mantra every day to help you remember to chant it on mornings.

Read and enjoy the stories of Lord Dattatreya.

The book also contains fun activities for you to do.

LEARN AND HAVE FUN 😊

**OM DRAM DATTAYA NAMAH !!!**

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**Children Classes are held**
Every Sunday Morning between 8:45 – 9:45am
at the Dattatreya Yoga Center

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**Answer to crossword on page 22**

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M  K
A N A S U Y A
T U
V I R T U O U S D
E H I
M A N D A V Y A
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**Answer to Cryptogram on page 28 :**

PATIENCE IS THE GREATEST PENANCE
**WRITE AIM HREEM SREEM**
Say the mantra everyday!

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|     |     |       |       |    |     |       |       |    |     |       |       |  *** AIM sounds like I’m ***
There was once complete darkness in the world. The sun had not risen for ten days. All of the plants and animals were suffering without light.

The gods were worried about the condition of the world. They went to Lord Brahma to ask for help. They told them to seek the help of Anasuya Mata.

The sages who looked after the welfare of the were thinking, "Why is the sun not rising? What will happen if there is no light in the world?"

What do you think will happen when there is no sunlight?

Lord Indra the king of the gods along with the other celestial beings went to the hermitage of Sage Atri and Anasuya.

With folded hands they prayed, “O Mother, you have to save all the world from this disaster. We have no one but you in whom we can take refuge.”

The saintly couple asked Indra to tell them what had happened.
SAY THIS PRAYER EVERY MORNING AND AFTERNOON

TVAMEVA MAATAA PITAA TVAMEVA
TVAMEVA BANDHU SAKHAA TVAMEVA
TVAMEVA VIDYAA DRAVINAM TVAMEVA
TVAMEVA SARVAM MAMA DEVA DEVA

KAA-YENA VAA-CHAA MANAS-EN-DRI-YIRVAA
BUDDH-YAAT MA-NAA-VAA PRA-KRTA SWA-BHAAVAAT
KA-RO-MI YADYAT SAKALAM PARAS-MAI
NAARAA-YA-NAA-YETI SAMAR-PAYAAAMI

ACYUTAM KESHAVAM RAA-MANAA-RAA-YANAM
SHREE DHA-RAAH MAA-DHA-VAM GOPIKAA VALLABHAM

HARE RAAMA HARE RAAMA RAAMA RAAMA HARE HARE
HARE KRISHNA HARE KRISHNA KRISHNA KRISHNA HARE HARE

SAR-VE SU-KHI-NAS-SANTU
SAR-VE SAN-TU NI-RAA-MA-YAHH
SAR-VE BHAD-DRAA-NI PASH-YAN-TU
MAA KASH-CHIT DUH-KHA BAR-BHA-VET

You are my Mother and Father, You are my only Friend and Relative
You are Knowledge and Wealth onto me
You are Everything to me, O Lord of Lords

I bow and surrender my actions (kayena), words (vaachaa), thoughts
and senses, intellect, mind, body and soul to Naaraayana

May all be happy! (sukhinah)
May all be free from disabilities! (niraamayaah)
May all look (pashyantu) to the good of others!
May none suffer from sorrow! (duhkha)

The rishis help in the creation of the earth.
1. They guide people about all thoughts and actions needed to
   know God.
2. Rishis continuously strive to see every living organism love God.
3. They take care of the well-being of each living being.
Indra began, “O divine Atri and Mother Anasuya, please listen patiently.”

“There is a Brahmin (learned person) named Kau-shi-ka. Though he is educated, he has fallen into evil ways. His bad habits has caused him to suffer from leprosy. His body is covered with sores and rotting. Worms crawl over his body and his sores ooze foul smelling pus.

“However all his past good deeds seems to follow him in the form of his good and dutiful wife Sumati devi.”

Sumatidevi worships her husband more than she worships God. She is not disgusted with the condition of his body.

Daily she washes, cleans and bandages his wounds. She fans him, speaks sweet words to keep his mind cheerful and takes care to see that no flies sit on his sores.

Although Sumatidevi is so good, her husband Kaushika is cruel hearted and treats her badly. He scolds her, grumbles unnecessarily and even beats her.

Llama
Make a fist with your thumb sticking straight up. Then extend your pinkie and ring fingers, letting your ring finger rest on top of the pinkie.

Llamas come from South America where they are raised for their wool and also used as pack animals.

Eagle
Hold both hands out flat with the fingers together but the thumbs extended. Cross one hand in front of the other and overlap your thumbs.

Eagles are large predatory birds. There are many different kinds of Eagle, such as the Golden Eagle, but the Bald Eagle is the national bird of the United States of America.

Cougar
Make a grasping motion with one hand and rest the other hand, open palm on the back of your wrist. Cock your thumb upward to make the Cougar’s ear. You may need to slightly rotate your hands relative to the light source to get it just right.

Cougars are large cats native to North America. Also called Pumas, American Panthers, or Mountain Lions. They have retractable claws and can jump nearly 16 feet straight into the air.

Turtle
Can you find out about turtles? Where do they live? What do they eat? How many types of turtles are there?
Dog
Hold your hand out flat with your thumb and pinkie spread away from the other fingers. Bend your index finger. You can make the dog bark by moving your pinkie. If you can wiggle just your middle finger you can also make the dog sniff.

Dogs are man’s best friend, although there are many, many different breeds of dog ranging from the tiny Chihuahua to the massive Wolfhound. Dogs are closely related to wolves. Some dogs are trained to have jobs and can be helpers to blind or disabled people or can herd other animals.

Elephant
Stretch your hand out parallel to the floor with your index and pinkie fingers pointing out and the other fingers hanging down. (You can make the elephant “talk” by wiggling your thumb a little). Rest your other hand naturally on top of your wrist, slightly extending the thumb.

Elephants come from India and Africa. Their trunks are made from their nose and upper lips. They use their trunks to pick things up and are the largest land animals in the world.

Girls and Women are to be respected from birth. Young girls will one day become Mothers. Women are the Mothers of the world. The Quality of Mother makes a female respectable from Birth.

What are some qualities that girls should have so they are even more respected?

1. Always think of the virtues (good qualities) of other girls.

2. Be kind and truthful when you speak.

3. Always give a helping hand to those in need.

4. Keep friends who have good thoughts, words and actions.

5. Say please and thank you. Say excuse me if you are interrupting someone.

Can you think of some other things girls can do to be respected?
Yet Sumati does not find fault with him. She does not even cry and thinks that all the fault lies with her.

Kaushika’s body had started to stiffen. He had lost the use of his limbs and could not move. Sumati would lift him and place him on a cot in front of the door while she attended to her domestic chores.

While he was lying on the cot, Kaushika saw a beautiful woman (a courtesan) passing in the street and wanted to spend some time with her. He could not walk so told his desire to Sumati.

Sumati was shocked and speechless! Finally she told him, “Dear, good men do not think or act in this way. You are also very sick and cannot move. You would not be able to enjoy the company of a woman in your condition!”

Kaushika refused to eat any food. Finally, Sumati agreed to take him to the house of that woman, if he would eat.

Sumati placed Kaushika in a basket and put it on her head. She then set out in the dark for the house of that courtesan.
12. When you are finished make a knot at the back of cardboard with the end of your yarn. Figure 15

13. Cut the yarn midway along the back of the cardboard. Figure 16

14. Tie the loose ends of yarn at the top. Repeat at the bottom. Take the first end and tie it to the third, the second to the fourth until all the loose ends are securely tied. Figure 17

15. Now you have your small scarf or mat.

Now you know how to weave you can use different sizes of cardboard to make scarfs and mats for yourself or to give as presents to family and friends! 😊

Young boys and men should do service, perform penance & rituals. They will then earn respect in the world.

Both young boys and men have to earn their respect in the world.

What are some ways to earn respect and be noble?

1. Always be honest and always speak the truth.

2. Think of young girls and women as your sisters or mothers.

3. Be courteous and gentle with girls.

4. Show respect to your mother, father and elderly persons.

5. Develop discipline such as praying regularly every day, reading and studying holy books and doing good service.
Sumati had to pass through a burial ground and the path was very difficult. Kaushika kicked his dangling legs and made it even more difficult for her.

Sumati begged Kaushika to be still but her pleas fell on deaf ears.

That day the King had sentenced a Maha-rishi named Mandavya mistaking him for a cheat. He was hanging on to his life from a rope in that burial ground. Sumati did not see the Maharishi.

Kaushika flaying his legs wildly, hit the Maharishi. Maharishi Mandavya in his precarious condition was now in grave pain.

Mandavya lost his temper and pronounced a curse, “That sinner who has kicked me shall die by sunrise tomorrow!”

Sumatidevi became frightened, “If so, may the Sun never rise”. These words came out of the mouth of that virtuous and faithful wife.

Kaushika was gripped by the fear of death. He asked Sumati to return home. She obeyed him as always.

What do you think happened next? Did the sun rise?
Weave a Scarf or a Mat

Supplies you will need

• Cardboard
• Yarn or woolen thread
• Scissors, ruler and a pen

1. Cut out a rectangle or square cardboard sheet from an old box.

2. Take a pen and ruler and mark lines about 1 cm long and 1 cm apart at the top and bottom (shorter edges) of the cardboard. Figures 1 and 2

3. Cut slits in the cardboard along the lines that you have marked. Figure 3

4. Take one end of the yarn and thread it through the first slit at the top and bottom of the cardboard. Figure 4

5. Knot the yarn midway at the back of the cardboard. Cut the excess yarn to neaten. Figures 5 and 6.

6. Take the end of yarn from the ball of yarn and make a knot on the yarn at the top back of the cardboard. Figure 7

Crescent Moon Pose

1. Kneel and keep your back straight

2. Step forward with your right foot until the foot is a little in front of the knee. The left foot (the one at the back) rests on the floor with its toes and your lower leg on the mat

3. Raise both arms, and hook both thumbs together, stretch your arms upwards, then you raise your knee at the back.
Indra said, “From that day the wheel of the Sun’s chariot has stopped turning to fulfil the words of that dutiful wife. Thus for ten days there has been no sunrise.”

“O Mother, is there anything unknown to you? All calculations of time depend on the ☀️. The very existence of the 🌍 depends on it!

Now that the Sun’s movement has stopped the 🌍 is drowned in darkness. The plant and animal kingdom is facing destruction.

The performance of sacrifices are governed by time. Now there is no movement of time and sacrifices have stopped. The Gods are not been offered food so they have become powerless.

Thus the earth is without rain and the yield of grain and vegetables have declined. Human beings and animals are facing starvation.

The power of a dutiful and faithful wife is the cause for this distress. As a diamond cuts a diamond, so the power of only another dutiful and virtuous wife alone can save us.

MAKE A DIFFERENCE 😊
What are some things that kids do?

Ask your teacher if you can do a school project about an endangered animal.
Make posters and display them.

Some animals that are endangered are snowleopards, leatherback turtles, whales, falcons and elephants. You can visit the websites below to find out about other endangered animals and how you can help.

Which animals are endangered in your country?
You and your friends can raise funds and adopt an animal.
You can help protect the forests or habitats where these animals live.
Help clean up beaches where turtles nest and eggs hatch.

www.kidsplanet.org/factsheets/map.html
www.snowleopard.org
http://natureseekers.org
www.stlukesleprosyhospital.org

Ask your parents if you can visit a children’s home or children’s hospital.
Find out what the kids need and how you can help.

You can also save your toys and clothes and take it to a shelter, give it to a needy family in your community or mail it to a special organization.
MAKE A DIFFERENCE 😊
What are some things that kids do?

Educate yourself.
Find out about hunger, diseases or endangered animals.
Where can you find information?
Find out which organizations help people and animals?

Fund Raising.
1. You can give up junk food for one week and give the money to your special organization.
2. On your birthday ask parents, grandparents and others to give donations to your special cause.
3. Donate canned foods, clothes or stuffed toys to a shelter or an orphan home or children’s hospital.
4. Organize a talent show at your school, temple or community center. You can earn money to donate to your special organization and educate or make people know more about your cause.

WRITE AIM HREEM SREEM
Say the mantra everyday!

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*** AIM sounds like I’m...
In all the three worlds there is none who can excel Anasuya in virtue and devotion to her husband. Therefore O Mother, be merciful to us. Protect the world. Make the Sun rise. You are our only refuge.”

Sage Atri glanced at Anasuya in approval. Anasuya gave the Gods this assurance, “O Devatas, there is no power mighty enough to change the words pronounced by a chaste and virtuous wife.

The curse pronounced by Sumati can only be reversed by her. For your sake I shall go to that jewel among women and on your behalf request her help.

Through her alone the Sun 🌞 can be made to rise.”

Maharishi Atri and Anasuya then left for Sumatidevi’s house.

Anasuya entered Sumati’s house first. Sumati was filled with joy on seeing Anasuya. She got up and received Anasuya with the customary washing of feet and hands.

Datta Darshnam Crossword #2

Across
3. ___________ promised Sumati that no harm would come to her or Kaushika
4. Kaushika was saved by the power of a devoted and ___________ woman
7. Anasuya was able to restore ___________ to Kaushika
8. Sage ___________ pronounced a curse on Kaushika

Down
1. ___________ was the good and devoted wife of Kaushika
2. ___________ had fallen into bad habits and was cruel to his wife
5. Kaushika would ___________ if the sun rose
6. The sun did not rise for ___________ days
Kaushika woke as if from a sleep. His body was free from leprosy, robust and strong. His mind was pure and peaceful.

Sumati with a face beaming with happiness and gratitude, along with her husband bowed at Anasuya’s feet.

Anasuya embraced her affectionately.

Brahma, Vishnu and Shiva appeared in the sky. They congratulated Anasuya on her success and told her to ask for any boon.

Anasuya the virtuous and devoted wife said in a gentle voice, “I wish for the same boon that my husband has already chosen. May you three be born as our children.”

They then blessed Anasuya, “May it be so.” and disappeared.
They spoke of many things, then Anasuya said, “Dear girl, men can only get powers by performing great sacrifice and rituals. Women like us can achieve great powers through dedicated service to our husbands.

I have heard that you serve your husband Kaushika with complete devotion and hard work. You will definitely attain happiness.”

Sumati bowed to Anasuya and began to speak, “I am indeed very happy that you have blessed me by coming to my home. You should not have taken the trouble to come all the way to my house. If you had sent word with even a crow that you wanted to see me I would have come to you.

You have taken all this trouble out of your affection for me and to bless me.

“Mother, that you have left your house shows that you have some work to do for the good of the world. That is certain. Please let me know, though only a humble girl, what can I do to help?”

What do you think the young girl has done to please her elders?
Raising her folded hands and prostrating to the Sun God, Sumati prayed, “O Father Surya, pardon my offence. Continue your journey. Save the world.”

Instantly the Sun’s chariot moved on. Every corner of the world was filled with joy. The righteous people prepared for morning worship as the Sun rose over the Eastern hills.

As the sun rose, Sumati put Kaushika’s head on her lap and gently rubbed his dying body. She was overcome with grief and stifling her sobs.

Suddenly Sumati heard a voice in the air, it was Anasuya.

“O eternal Sumangali, do not be afraid. On one side is Maharishi Mandavya’s penance and on the other side the power of a devoted and virtuous wife.

Until now the power of penance has ruled. Today the might of a virtuous wife will win.”
Anasuya was very pleased with Sumati’s understanding and humility. She gently smiled and replied, “I know your predicament. Ten days have been lost in darkness. The situation is getting out of hand.

Can any virtuous woman like you approve the untimely destruction of the world? Think carefully. See the great ones stand humbly entreating you. I too am begging you. One word from you can save the entire world of living things.

My dear Sumati listen to me, hurry up and relieve the world from this suffering.

Sumati was distressed, “Mother what shall I say? I cannot be angry with a friend of the world or the world, what shall I do? Sage Mandavya’s curse is there…”

Anasuya said, “My dear, if any harm were to come to you or your husband these holy one, I and every devoted woman will support you.

Do not delay Sumati! Pray to the Sun God and save the world.”