OM DRAM DATTAYA NAMAHA

DATTA-TRE-YA SA-MAA-RAM-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 NAMAHA

DATATREYA YOGA CENTRE TRINIDAD

Name: ________________________________
Number of Mantras Written: _______

Issue: No. 8
Swamiji has instructed that we chant **OM DRAM DATTAYA NAMAHA** 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 NAMAHA !!!**

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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 21 & 22**

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  L
\  2M  I
  3V  4P  A  R  E  N  T  S
  I  H
  5A  R  C  H  I  T  E  C  T  6G
  T  S  R
  U  7M  U  S  I  C  E
  E  A
  8H  U  M  I  L  I  T  Y  Y
```

**Solution to Cryptogram on page 10:**

**VIRTUE, TRUTH AND NON-INJURY ARE THE BASIS OF A GOOD LIFE!**
Do you remember receiving presents and lovely things over the years? Did you thank your parents or friends who gave you those gifts that made you very happy?

The king Kaartaveerya Arjuna had received many gifts from Lord Datta. He enjoyed these gifts for thousands of years. He visited Lord Datta often and worshipped him always. Whenever he got a chance he would tell others about Datta’s greatness and teachings of righteousness.

Do you sometimes get tired of your toys and other things around you? After being happy for a while then you feel a bit sad?

Well after a very long time Arjuna started feeling unhappy. He had enjoyed all the riches in the world for so long but still he did not feel happy.

Arjuna wanted to find out which path would help him find happiness that did not end in sorrow.
Arjuna started thinking of the words he had heard while sitting near Lord Datta. However he became confused as he remembered all the different teaching of the different scriptures.

Arjuna thought, “Lord Datta is most compassionate towards me. Only he can clear my doubts.” He then proceeded to Datta’s abode.

He found Lord Datta immersed in meditation. He served the Lord with devotion.

Creating 1000 arms he played 1000 musical instruments and sang Lord Datta’s praises.

He then pleaded, “I have been greedily enjoying immense wealth for thousands of year. I was in your company yet I could not find happiness. No more of it!

Please save me and show me the path to True Happiness!”

Lord Datta did not stir either with the praises or the pleas of the king.

**BATHING**

- Why Do You Bathe Daily?
  - To keep your body Daily
  - To smell GOOD
  - To REMOVE GERMS

- What do you use when bathing?
  - Soap / Shampoo
  - Wash cloth / rag

- What parts of your body should you pay special attention when bathing?
  - Under arms
  - Neck
  - Feet
  - Private parts – front & back

- You should always use your own towel and washcloth
  - What will happen if you use someone else’s towel?
  - You may contract germs which can cause infection

**HANDS**

- Wash them often (with soap).
- Friction (rubbing together) helps to kill germs
- Always wash hands
  - before meals and
  - after using the toilet

- Why should you trim / cut your fingernails once a week
  - Dirt collects under your nails
TOOTH CARE

- When do you brush your teeth?
  - brush every morning and at night
  - brush after each meal

- How Do You Brush Your Teeth?

- Remember to:
  - rinse your toothbrush after each use
  - allow it to air dry

- See your dentist regularly

- Who can tell me what is Dental Floss?

FOOT CARE

- When you bathe
  - soak your feet
  - scrub them well

- Dry thoroughly between toes

- Trim your toenails regularly

Write the Mantra
OM DRAM DATTAYA NAMAHA

Chant the mantra everyday!
The early morning rays summoned the dawn. Many celestials, yogis, munis and rishis came and gathered there. Arjuna out of awe and respect moved back into a corner.

One of the muni, Shaantaa-tapa noticed Arjuna and spoke, “Lord your devotee Kaartaveerya Arjuna who is highly righteous is standing in the corner humbly waiting for your favour. He is afraid to talk to you. Grant him your favour please?”

A graceful smile shone on the Lord’s face. He turned towards the emperor and said, “Arjuna why this fear when you are with me? Why this unhappiness? Come and sit near me you will have peace of mind.”

Arjuna became exceedingly happy. Lord Datta continued, “You are a most dear devotee of mine. Ask what you want unhesitatingly, there is nothing that is not mine that I will not give or reveal to you.”
SHARE YOUR THOUGHTS WITH A TINY SECRET BOX

What You'll Need:

Empty sliding matchbox
Construction paper
Fabric scraps
Scissors
Magazines
Glue
Markers

1. Slide the top off an empty matchbox.
2. Line the box with pretty paper or a square of soft fabric.
3. Cut out or draw tiny pictures to make a little scene to glue inside the box.

Does the person you are giving this gift to love the ocean?
Make a cheery beach scene inside your box.

4. Finish your box by gluing construction paper to the outside of the matchbox and writing a little message to your friend, such as "You're Sweet" or "I'll Never Forget You."

STEP 1: Lie on your back. Bring your heels close to your buttocks with your heels apart.

STEP 2: Lift your hips and arch your back so your body makes a bridge.

Imagine boats are sailing under you.

STEP 3: As you lower your back feel your spine getting longer. Rest a little bit.

Here comes another boat! A very tall one!

Let us make another bridge but a very high one by lifting your chest.

Press your arms and fix them firmly to help you lift higher.

This pose makes your body strong as a bridge.

Lower your back feel your spine getting longer. Straighten your legs, close your eyes and rest.

Bridges make it easy to cross over rivers, streams, lakes and even parts of the ocean. Next time you go on a trip count how many bridges you cross over.

Maybe you know someone who has been sick in bed or a senior citizen who lives alone.

These tiny secret boxes would be a really sweet way to help brighten their day.
Story continued........

Arjuna sighing deeply said slowly, “Lord there are so many scriptures (holy books) and different teachings,

• some say the path of righteousness is the only path,
• another say by reason and logic alone one will know the truth that the world is Real,
• yet the munis declare You alone are Real.”

“The practices of the good and virtuous are many and varied. Is it possible to attain the Supreme happiness without following any of these practices?”

INSECT:

There is a certain kind of bee which catches an insect and keeping it in the nest, it goes round and round the creature buzzing loudly.

Out of fear, the insect stares hard at the bee, concentrating its mind completely on it. By doing so the form of the insect gradually undergoes a change and it takes on the form of the bee.

Similarly, men also obtain the form of those on whom they concentrate their minds completely out of fear or devotion or out of hatred or friendship.

If a small insect can transform its body, can there be any doubt that you who have an intellect and the power of meditation and concentration will obtain the same form as the deity on which you meditate?

This I learnt from the insect.

Who are some of people you admire? What do you like most about them?

Think about how you act.
Get a notebook. Make a list of good and bad things you do, say or think.
Choose one good thing to practice and improve. Write “I will be more caring” for example. Then write what you did to demonstrate this.
Choose one bad thing and do the opposite.
For example, if you do not like someone then you can think of the good qualities of that person whenever you meet or think of the person.
If you are a bit selfish then try sharing your snacks or toys with someone.

Check and see all the good things you have done during the week.
How do you feel when you do good actions?
King Yadu asked Lord Datta, "How do you remain unaffected, happy and calm? Why do you always seem to be floating in bliss? What has made this state of mind possible?"

Lord Datta replied, "O King Yadu I have observed the world closely and obtained a little knowledge from a number of gurus (teachers). I have 24 such gurus. Listen carefully! I will tell you what I have learnt from them."

The Sun:
The sun sucks water from the earth with its rays. At the appropriate time it returns the water to the earth again. Similarly You should accept the objects of the senses without any zeal or greed.

When some people see the sun reflected in water or mirrors they think that there are many suns. In reality there is only one sun that appears as so many reflected images.

From this I learnt that though Atman or the Soul is one only, he is conceived of as many by people because of the wrong understanding of the mind.

Lord Datta began, “You do not know how much happiness your words have given me. I shall give liberation to anyone who repeat your praise at sunrise everyday.

I shall instruct you on the path to Ultimate Happiness.

First I will clear your doubts about the scriptures. Listen to an old story which will make this easy to understand.

The story is called Sapto Daa-ha-ri-ni.”

In ancient times there was rivalry between the Gods and Demons.

Brhaspati the Guru (teacher) of the Gods taught them the importance of:

- a pure mind, kindness, truth, cleanliness
- and not hurting others by words, thoughts or deeds.

He emphasized that the Gods should practice these qualities.

Do you practice these things everyday?
Story continued……..

Shukraa-charya, the teacher of the Demons taught them the path of rituals to obtain victory and enjoyment.

Brhaspati knew the practices of the Gods would take longer to get success.

He understood they would get discouraged seeing the early success by the Demons and this would cause doubts.

Brhaspati wrote books on the science of love, buddhism, fine arts and architecture, the penal code and gave the books to the Gods to study.

Lord Indra approached Brhaspati and asked, “O Gurudev, you are well versed in the knowledge of the Self, why are you writing worldly shastras (books)?

Everyone is already motivated by desire for wealth, beautiful things and enjoyments. Why should you encourage and teach this?”

Building Bridges continued……..  

STEP 5: Hot glue popsicle sticks along the top of the bridge. (see figure 6) You can strengthen your bridge by adding extra triangular braces at the sides to prevent lateral or sideways movement. Your bridge is complete!

Now it is time to test the Strength of Your Bridge!

Place your bridge between two stacks of books. Get two of your friends to hold your hands as you step up onto Your Bridge!

Did it hold your weight or did it break?

You can place a scale on your bridge before stepping on it. You can let your friends read out the weight your Bridge is supporting from the scale.

How can you make your bridge stronger?

Next time you travel stop and look at the bridges you cross. Are they built up of triangles like your bridge?
SOLVE THE CRYPTOGRAM MESSAGE

Instructions:
Replace the cryptogram letters below with the message letters (for example, replace V with the letter J).
Fill the blank spaces and solve the cryptogram.

HINT:

<table>
<thead>
<tr>
<th>Cryptogram</th>
<th>Message</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q E</td>
<td>J O</td>
</tr>
<tr>
<td>V J</td>
<td>S N</td>
</tr>
<tr>
<td>S N O</td>
<td>T H</td>
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<tr>
<td>T O</td>
<td>R S</td>
</tr>
<tr>
<td>H R</td>
<td>D T</td>
</tr>
<tr>
<td>O S</td>
<td>J U</td>
</tr>
</tbody>
</table>

What you will need:
Popsicle sticks
Hot glue
You will need an adult to help you with the hot glue.

What you will need:
Popsicle sticks
Hot glue
You will need an adult to help you with the hot glue.

STEP 1: Make 15 to 20 triangles with the popsicle sticks and hot glue

STEP 2: Connect 5 triangles by gluing sticks along the top and base of the triangles and on both sides of the triangles.

STEP 3: Build 3 rows of interconnected triangles like the ones in the picture above. These will make the sides and base of your bridge.

STEP 4: Hot glue the sides of the bridge to the base. Glue the sides at an angle (see figures 4 and 5).
Story continued……..

Bhraspati laughed and replied, “Indra I am pleased that you ask this out of fear that I am propagating unrighteousness. Have you not accepted that knowledge of the Self is good?

Purity of mind and good conduct is the basic pillars of these Shaastras.

I will illustrate with 7 ancient stories. Listen carefully and tell me what you think!”

7 Ancient Stories

1. SHILPA SHAASTRA (Book on Architecture)

Indra long ago in the city of Kaampilya there lived an expert architect named Vi-dhij-na. He was not only proficient in architecture, but also in house building (vaastu), astrology and other shaastras.

What is to be noted most is that he was peaceful, kind and discreet (he would not discuss his business dealing with anyone with other people). He was not hypocritical, nor greedy.

People therefore trusted him and whoever wanted to build a house in Kaampilya got it constructed through Vidhijna.

Log Cabin continued…..

4. Measure, cut and glue twigs to the box. Use hot glue – liquid glue does not work well in this project.

The only tricky part is by the hinge of the door. Don’t glue twigs too close to the door hinge or the door won’t open all the way.

5. To finish the doors, glue on smaller twigs. For a door knob, use a very short twig.

6. For the roof, cut a rectangle of cardboard that is about an inch longer and wider than the top of the house. Fold the rectangle in half.

Place the roof on the house.

7. Optional: If you want a chimney on your cabin, find a small box. Cut it in half and cut off the ends of the box.

Cut out a triangle on each of the short sides (this is where the chimney will fit along the top of the roof).

Glue the box to the top of the roof.

Glue tiny pebbles to the box.

8. Glue twigs to the roof.

You now have a fantastic log cabin!

You can decorate the inside of the cabin, and even make tiny twig furniture.
MAKE YOUR OWN LOG CABIN

This is a really wonderful project that makes a small log cabin that you can play with for years. It took us about an hour or two for 5 days to make two cabins.

This project requires help and adult supervision. (Adults should cut the cardboard and twigs and use the hot glue).

Supplies you will need
• A small cardboard box (9”x12”x9”)
• A sheet of cardboard (for the roof) & Pencil
• Hot glue (you’ll need a lot)
• Craft knife (to cut the cardboard) & Garden shears (to cut the twigs)
• A lot of twigs (choose the straightest ones you can find)
• Optional: Acetate (for the window)
• Optional: Tiny pebbles and a tiny box (for a chimney)

1. Mark the cardboard box so that it looks like a house.

For a traditional style house, make the shorter sides have triangle tops and cut the longer sides to meet the short ends

2. Cut out the cardboard along your markings, making a house shape

Cut only 3 sides of each door (leave one long side to act as the door’s hinge).

Optional: Cut small squares of acetate that fit around each window. Glue the acetate on each window to look like glass.

3. Mark the doors and windows. Cut our the windows.

Chant the mantra everyday!

Write the Mantra
OM DRAM DATTAYA NAMAHA

Cut only 3 sides of each door (leave one long side to act as the door’s hinge).
Gradually his income grew and his work increased. He hired architects to help him and paid them liberally. Through this he earned a good name among his peers. With the increase in income his acts of charity increased. Thus his respect amongst the elders also increased. Ultimately he became the Royal architect. His fame spread far and wide.

However much his earning grew or fame increased he never grew conceited or boastful, he never spoke harshly, he never talked of his desires nor did he ever utter a falsehood.

Day by day his humility and meritorious acts increased. After some time he died and as he was a virtuous soul, he enjoyed happiness in heaven.

After this time had ended in heaven, he was born as the King in the city of Kaampilya because of the merit earned through his good deeds.

Question for Datta Darshanam Crossword #8

Across

4. Vishaalaaksha never neglected his ____________
5. Vidijina was an expert ________
7. Vishaalaaksha and his wife were proficient in ________
8. Vidhijna’s ________ and good acts increased day by day

Down

1. Vishaalaaksha and Vidhijna never uttered a ______
2. Vishaalaaksha was the prince of the city of ________
3. ________, truth and non-injury are the basis of a good life
6. Vidhijna was not hypocritical or ________
“You see Indra, he began as an architect and gradually step by step achieved liberation and Supreme happiness. In climbing step by step he may have gotten tired but the path will not be the wrong path.

“It should be remembered that he never abandoned good judgment and discipline.

“Doesn't this story show that possessing these virtues, even through shilpa shastra (treaty on architecture) a person can attain liberation and Supreme happiness?”
2. BOOK ON FINE ARTS

In the city of Mahismati lived a prince named Vishaa-laak-sha. He was an expert musician, skilled in dance, proficient in poetry and learned in the art of love.

As he was learned in the fine arts he knew well the marks of women who were equally proficient in these arts. Being handsome himself he decided to look for a girl to marry who possessed all the features prescribed in the shastras.

He possessed great self control and decided to wait for the right person rather than marry in haste.

Eventually after much searching a king showed him his daughter. As soon as he saw her he saw the marks he were looking for and knew he had found the girl he was looking for.

On seeing him the girl also liked him. The king thought, “They both seem set on each other. What more could I wish for?” He immediately performed the marriage and gave half the kingdom as a gift.
Story continued……..

Who is not attracted by the noble qualities of goodness, humility and learning which they possessed? Both of them became very dear to you Indra.

Once attending a festival in Lord Brahma’s abode you took them with you and arranged a musical recital.

Lord Brahma was filled with joy and he granted the couple a boon saying, “You have acquired undisputed mastery over worship through music. Now stay here with me and learn the truth about the Supreme. I bless you with residence in Satya loka.”

Later Brahma himself taught them the principle of the Supreme which is of the nature of Truth-Knowledge-Bliss.

Do you see now, Indra how that couple attained liberation through the science of love and fine arts?

In this story too virtue, truth and non-injury are shown to be the basis of a good life.

From these two stories, what do you think is the path to true happiness?

Supplies you will need:
1 inch wide plastic tape
2 rubber bands
2 2 inch diameter lids (the twist and pop off kind work best)
3 2-foot strips of curling ribbon
Scissors

Instructions:
1. Using a 4-inch strip of tape, secure the rubber bands to the back of each jar lid and create a hinge as shown
2. Using another 4-inch piece of tape on top of the first, attach the center of the ribbon strips to the hinge of the castanets.
3. Curl the ribbon with a scissors edge and start tapping.
Furthermore, both husband and wife were experts in music. As they grew older they devoted themselves to worship through their music effortlessly and floated in the universe. In the end they cast off their bodies while engaged in worship through music (naado-paasana).

All the happiness that seem to come from outside is really a glimpse of the bliss of the Soul.

The prince had strength, wealth, health and a wife to his liking—everything was his. No one in the world enjoyed more happiness than he did with his wife.

Every human happiness described in the holy books were his. What is wrong with that?

He never uttered a lie. He never coveted another man’s property or wife. There was no stint in his giving away gifts. He never neglected his parents. There was never any deficiency anywhere in the Yagnas (prayers) he performed.

Lord Shiva was impressed with this virtuous duo and invited them to give a performance in Kailaasa.

Lord Shiva and Parvati shed tears of joy as they listened to their singing. The songs they sang were so charged with feeling. Lord Shiva gave them a boon to stay in heaven.