

MITHILA
SCHOOL
OLAVARRÍA

HARMONY GROUP
WTT ARGENTINA

Activities Booklet 2010 - 2013

Introductory words

Mithila is a school aimed for families, mainly for parents. Just by observing the profound simplicity of those souls who made their choice of doing their work of Discipleship with us (those who we call “our children”), it can be easily said that... we are those who have to learn.

We feel blessed and honoured by the Hierarchy when They trusted and gave us such an opportunity and responsibility, and Whose teachings come to us through our beloved Master Kumar. As he says, it’s more appropriate to use the expression “we try to follow the teachings” than saying “we follow them”.

In relation to this, the syllabus of Mithila School that we have developed in Olavarría is dynamic, it is based on trial, test and error; and it is growing and settling down as we do as simple aspirants.

This document contains the most important lines, the annual thematic axis we have been developing during the last four years of work, and presents some ideas to put in practice and to implement the syllabus from its basis.

As regards the content and quality, we base on and try to use the book “*Mithila, an educative syllabus for the New Era / the path of expansion*” by Master K.P. Kumar as a guide. On the other hand, if we consider the quantitative aspect, in all this time we have barely moved forward a few pages from the first chapters... “*that’s the beauty*” would say the Master.

That’s why, as mentioned at the beginning, we understand that Mithila is a school for families, and specially for parents. These pure souls, our sons and daughters – whose education is in our hands- watch us constantly; their questions don’t accept incomplete explanations; and above all, they demand that our thoughts, words and action to be aligned. Right thinking, right feeling, right acting. A real challenge.

We honestly wish the work developed in Mithila School Olavarria could be useful for those Brethren who feel like undertaking a similar experience, always at the Feet of the Master.

Master CVV Namaskaram.

The beginning and objectives

Mithila School Olavarría came out as a need expressed by a group of parents, members of WTT Olavarría, regarding the children spiritual education. It started working in June 2010 with 11 children of different ages – from one and a half year old up to 14 years old –and their families, all of them members of the Meditation groups.

Its work is based on Masters Kumar's teachings, mainly those given in the book *"Mithila, an educative syllabus for the New Era / the path of expansion"*, and those from Masters of Wisdom too.

The most important objective guiding this task is to keep the children's subjective mind alive, which is lost through the concrete mind as long as they grow up. For this reason, the purpose of the learning and experiences they could have through Mithila is to make the children naturally go deep in introspection, that is, to find in the heart the answers about the ways of acting, thinking and feeling, encouraging rectitude among this triangle of actions. As we have been told by Master Kumar, man only knows about his external anatomy and we should know his internal anatomy.

Another objective of Mithila, included in the previous, is to make human values become strong in the children as they grow up, and that they could be able to experience the teachings of Wisdom starting in the family environment, to take them later to all the spheres of their lives.

To live the spirituality in a natural way is the aim that guides the work, for that reason we try to encourage a simple way of living and, above all, to put the emphasis on seeking the highest good for the majority. In other words, to understand the Synthesis of Existence and the practical form to take this comprehension to everyday life through Service. Also understanding that from the moment the souls are called by The Absolut to carry out the experience on Earth, they accepted to do this holy service to the Divine Plan, because of their love for Him.

This point allows and gives life to all the other objectives of the syllabus,

which develops in the same way as a tree, where from the common trunk (THE ONE) other branches spread such as the comprehension of human being, the Universe and the relationship between them, those branches later disintegrate in subsequent objectives like the study of the constitution of the bodies, the differentiation between the Soul and the personality, the approaching from the Synthesis to the variety of forms of adoration and comprehension of divinity according to time and place, and so on.

It is of great importance that children as well as parents focus on their identification as a group and develop a correct comprehension of YOGA, since the whole esoteric education is based on that. Just to mention some key points, it includes the comprehension of what must be really understood by Yoga: why it is not a religion, the freedom that is characteristic of the Path, the need to understand the Synthesis and the consistent application of the Light, Love and Power to the service of the evolution of the humanity.

Considered in the human level, these contents imply the right comprehension of what is a Master, what makes Him similar and what makes Him different from the rest of the human beings, the identification of the different lines of work of the Masters of Wisdom (6th and 7th Ray), and 2nd Ray of Love of Lord Maitreya.



Organization of the activities

Those who take part in Mithila School Olavarria are the children's parents, members of WTT Olavarria, who are coordinated by Alicia Deluca. Those parents carry out gatherings twice a month in order to organize and plan the classes and activities. On Sunday mornings, after singing Gayatri, the parents gather to study as a group. Apart from that, we have gatherings where children assist in the company of their parents. It happens once a month.

In consonance with the objectives of the School, the activities are performed focusing on the joy and love given in the teachings.

The practical themes are always based on the spiritual teachings and, at the beginning of each gathering, the children salute the Masters, meditate in group and sing Gayatri with musical instruments.

Workshops of art, painting and crafting are organized. Other activities are puppets shows, walks in contact with nature, experiments, cooking and even a vegetable garden.

It is worth mention that the format of the classes and activities is directly in relation with the particular characteristic of the group of children and parents from Olavarria. That's why they are developed alternately in some of its members' homes, and for the themes' approach children are divided into two groups according to their ages (the youngest and the oldest).

Another activity is the classes of practical Yoga exercises for children (asanas, breathing exercises, Salutation to the Sun). These classes are regularly given every Saturday in the morning.

At this moment a project is being carried out and it consists in the creation of an **Esoteric Library for children**, so that they could accede in a simple way to the original teachings. In Argentina it is difficult to get texts with esoteric stories or with spiritual content in Spanish, so we have got some books in English and we'll translate them little by little. One of them is the Bhagavad Gita for children. The idea is to gradually sum films with spiritual content too.

As regards the books, our sister Ana Sirinian, has prepared a text of tales in English, taking all the stories told by Master Kumar in the successive seminars given in Occident from the beginning. This book is presented with beautiful drawings, but it has not been reviewed by the Master yet, so we have decided to take it to work with the stories told there with our children, just we haven't taken it in an official form. The book of tales for children is called "Wisdom Stories and Symbols".

In the library the theatre plays will be included, those are the plays that the parents prepare for the monthly classes.



WE SPECIALLY THANK PATRICIA MORALES FOR THE ENGLISH TRANSLATION OF THIS BOOKLET.

Planification

In every class, we put the emphasis in transmitting the basic principles of Yoga to the children: Yama and Niyama. This aspect is taken into account not only during the classes but also as life attitude in the bosom of each family.

In the work done in Mithila Shool Olavarria during these last four years, and basing in the syllabus of the book Mithila, four big theme lines can be distinguished and they can be grouped under these concepts:

- 1. I am a soul, I have an integrated personality (commonly called body).*
- 2. Stimulation of joy and positive thinking.*
- 3. The soul, a divine spark coming from the Sun, expresses through the ray of light and its seven colours.*
- 4. “I Am, I Am That, That I Am”. We are ONE: the same as souls, but different in the external, the personality, because we are unique combinations of the seven rays.*

DETAIL OF ACTIVITIES (2010-2013)

This booklet contains the basic outlines of the activities developed by Mithila School Olavarria during its first four years of work. Each year we work with one central theme axis which inspires the development of the activities.

All the classes start singing OM, invocation to the Masters and singing Gayatri Mantram, Om Nama Shivaya and/or Ganpati Mantram, and finish singing Loka Samastha Sukhino Bhavantu and Om Shanti Shanti Shanti hi.

In all the cases, a basic theoretical framework is given, generally dividing the children into two groups (by age) and emphasis is put on the incorporation of contents through practical activities.

With profound devotion and humility, we offer our work at the Feet of the Master.

1 • FIRST ANNUAL PERIOD (2010)

ANNUAL THEMATIC AXIS: *I am a soul, I have an integrated personality (commonly called “body”).*

Class 1: Man, The Dragon – Introduction to the spiritual anatomy of the human being. The soul and the five- fold body. The four five-pointed stars (pentagons), study of the correspondents to the organs of action and to the organs of the senses.

CLASS 2: Man, The Dragon – Review of the four five-pointed stars, study of the correspondents to the senses of the mind and to the five elements of the nature.

CLASS 3: Man, The Dragon – Recognize the five-pointed stars in our body, and consider it as vehicle of expression of the soul in the objective world.

CLASS 4: Group Life – A journey in a natural environment recognizing the presence of the five elements in the surrounding life and inside our body, sharing natural food.

CLASS 5: Man, The Dragon – Review of the four five-pointed stars, introduction to the four-fold existence as the four Riders on the dragons.

CLASS 6: Synthesis of Nature, the variety as splendor – Journey in a zoo, watching what vegetal and animal species in the place have in common, and their diversity as part of the natural beauty.

CLASS 7: Synthesis of Nature, the potential and the manifested – Planting and care of vegetal seeds in order to appreciate the fact that the plant is in the seed, and then the seed will be in the plant.

CLASS 8: Man, The Dragon – Review of the annual thematic axis: “I am a soul, I have a body”, small theatre play with puppets: learning to distinguish between the character and the situation of the play, and the person who plays with them.

CLASSES 9, 10 AND 11: Preparing and care of a vegetable garden, taking turns among families for the watering of the plants and the removal of the weed. Closure of the year, sharing breakfast.

2 • SECOND ANNUAL PERIOD (2011)

ANNUAL THEMATIC AXIS: *Stimulation of the joy and the positive thinking.*

CLASS 1: Introduction to the Fire Ritual – Brief explanation of its symbolism and importance, group life shared with the other brethren of the group of adults, taking part in the Fire Ritual at the beginning of the astrologic year.

CLASS 2: Review of the contents of the previous year – Playing with puppets (small theatre play: two characters of the Mithila School India who came to share a day with us and to revise the topics)

SPECIAL TOPIC: Visit of Master KPK and Kumari Garu to Argentina. Part of April and May were dedicated to plan the activities to be done during the visit of the Master and his wife in June. An agenda with activities to keep the children aligned was made up, and we organized ourselves in turns to take care of them while the rest of the parents assisted to the seminars. A version of the Gayatri Mantram was rehearsed with musical instruments.

CLASS 3: By instruction of the Master, the orientation of the program was readjusted putting more emphasis on the singing of Gayatri in family and artistic expressions like music, dance and painting, which stimulate the contact with the heart. Review of the experimented during the visit.

CLASS 4: Purification and alignment of the vehicles – Workshop of musical instruments (rain stick) to symbolize that the sound of the soul expresses through the material vehicle, only if it is light and aligned. What do I think?, what do I feel?, What do I say?, what do I do? Is it good for all?

CLASS 5: Introduction to the importance of singing Gayatri. Explanation of the symbolism and practice of the mantram.

CLASS 6: Group life and closure of the year – Singing Gayatri with the group of adults and sharing breakfast.

3 • *THIRD ANNUAL PERIOD (2012)*

ANNUAL THEMATIC AXIS: *The soul, a divine spark coming from the Sun, expresses through the ray of light and its seven colours.*

CLASS 1: Review of the concept “I am a soul, the body is its vehicle”. Importance of the purification and alignment of the vehicles so that the plan of the soul expresses in the world. The human values and the right relationships.

CLASS 2: Magic Wand of Seven – Nature inside and outside us, symbolism of the Sun light as presence of the soul and the feeling of joy, the seven colours in the Sun ray as seven qualities in us. The etheric centres.

CLASS 3: Magic Wand of Seven – The Violet Ray, brief explanation of the colour, quality, energetic centre and other correspondences. Creation of a rainbow flag, group painting the stripe corresponding to this colour.

CLASS 4: Magic Wand of Seven – The Blue and Bright Green Rays, brief explanation of the colour, quality, energetic centre and other correspondences. Painting of the stripes corresponding to these colours.

CLASS 5: Group living for the September Equinox – Fire Ritual with the group of adults; workshop of 24-violet beads japa malas to sing Gayatri, to be given to the people there.

CLASS 6: Magic Wand of Seven – The Golden Yellow, Orange, Silver Grey and Green Rays. Brief explanation of the colour, quality, energetic centre and other correspondences. Group life.

•**Morning activity:** Painting stripes corresponding to these colours in the rainbow flag. Sharing breakfast.

•**Afternoon activity:** The seven colours in the Sun Ray: playing in the garden with giant soap bubbles watching how the rainbow is formed from the White Light.

CLASS 7: The service as love in action and closure of the year – Special service activity of the end of the year, preparation of Christmas presents to be delivered to children of poor families of the town.

4• FOURTH ANNUAL PERIOD (2013)

ANNUAL THEMATIC AXIS: *“I Am – I Am That – That I Am”. We are ONE: the same as souls, but different in the external, the personality, because we are unique combinations of the seven rays.*

PRACTICAL YOGA CLASSES: Besides the planned classes detailed below, practical Yoga classes (Asanas and Salutations to the Sun) were given for the children during this year, from March to December, every Saturday morning dividing the groups by ages.

CLASS 1: Review of the main contents of the three previous years, focusing on the profound comprehension of Service as love in action (from soul to soul beyond the circumstances of the personality).

Brief introductory explanation of karma and the trip of the soul through the incarnations as the reason of the differences in everyday life. The responsibility of having an easy life.

Organization of a common money box and individual money boxes in each home to assign funds to service work.

Light and colours, workshop of at playing with lights through the elements and textures.

CLASS 2: Devic presence in Nature – Journey through nature observing relationships of mutual service, and the work of the devic kingdom that makes it possible. Picking up materials and elements from the ground, to create colorful mandalas and Autumn shapes.

CLASS 3: Devic presence within our body – Explanation of the devic kingdom within our body, understanding that we are part of Nature (That I Am). Workshop of healthy cooking prepared with love, to help with the work of the devas.

CLASS 4: Special Service activity: preparation of gifts -acquired with the funds from the families money boxes and group money boxes-, to be given to children of humble families on occasion of the Children’s Day.

CLASS 5: Service acts in everyday life as seeds of good will – Group living sharing the way in which each parent in the group orients his/her job or profession to the service of the surrounding life, and how the children can do service in any occasion. Planting of organic seeds as symbol of pure thoughts that grow and spread in actions.

CLASS 6: Devic presence in Nature – Journey through nature observing the differences in colours, shapes and textures between Autumn and Spring, and the relationships of mutual service. Creation of a group mandala using elements from nature.

CLASS 7: Group life – Rehearsal and recording of the Om Nama Shivaya mantram, planification of the activities of the end of the year.

CLASS 8: Service as love in action and closure of the year – Special service activity of the end of the year, preparation of Christmas presents to be given to children of poor families of the town. A total of 100 presents were prepared.

CLASS 9: Group life – Sharing Gayatri with the group of adults, sharing breakfast and closure of the year.



BELOVED MASTER KUMAR,

the families of the Mithila School Olavarria want to thank you
for being the Light that guides our steps
and teaches us to walk life through safe grounds.

We always keep you in our hearts.

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