

Who am I?



Hare Krishna Sunday School
International Society for Krishna Consciousness
Founder-acharya: His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

Name _____

Class _____

Who Am I?

Compiled by Sangita devi dasi

Hare Krishna Sunday School
International Society for Krishna Consciousness



*This book is dedicated to
His Divine Grace A.C. Bhaktivedanta Swami Prabhupada,
who so kindly translated the Bhagavad-gita As It Is
so the entire world can become self-realized.*

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Introduction

What do you say when people ask you who you are? Do you say you are a girl or a boy? Do you tell them your name? Or where you live? Or what school you attend? Perhaps you tell them how old you are. Would you be surprised to learn that all of these answers have nothing to do with who you **really** are? That is because all of these answers have to do with your body, and not the soul.

In this session, “Who Am I?”, we will learn some of the great knowledge that Lord Krishna taught His friend and devotee, Arjuna, on the battlefield of Kuruksetra. It was on this battlefield, thousands of years ago in India, that Lord Krishna spoke the famous *Bhagavad-gita* (Song of God).

A great war was about to be fought between the sons of Dhrtarastra (the Kauravas) and their cousins, the sons of Pandu (the Pandavas). Krishna offered to participate in the war. As the Lord, He would not personally fight, but He allowed one side to choose His army and the other side to choose Krishna Himself as an advisor and helper. The Kauravas chose Krishna’s armed forces and the noble Pandavas asked Krishna to be their advisor. Thus, Krishna became a charioteer for Arjuna, one of the Pandava brothers. Before the battle started, however, Arjuna became very unhappy at having to fight his relatives and friends. Lord Krishna then spoke the *Bhagavad-gita*, teaching Arjuna and all who read it, the greatest knowledge of all. This knowledge gives us the **real** answer to the question, “Who Am I?”



Bhagavad-gita Poem

On The Battlefield of Kuruksetra

Old King Dhrtarastra was very, very blind.
He let Duryodhana say, "This kingdom is mine."
But, actually the Pandavas were rightfully the heirs,
So there had to be a fight to settle these affairs.

Kuruksetra became a battlefield.
At this holy place Krishna would reveal
What is right and what is real,
And how we can't afford
To shirk our duty to the Lord.

The Kurus thought, "Of course, we'll win!
Our army is very strong."
But, when they heard the conchshells blow,
They knew that they were wrong.



Arjuna asked, "Krishna, please drive so we might
See who is here desiring to fight."
But, when he saw family, not foes, standing near,
He dropped his bow and said, "Govinda, please dispel my fear."

The Supreme Personality of Godhead said,
"Arjuna, you are thinking that they'll be dead.
But, never was a time when we did not exist,
The soul lives on eternally, remember this."

Everyone can do their part,
And know the Lord's been with us from the very start.
There will never be a time when you will be apart,
Because the Lord of all is seated in your heart.

Session Verse

Bhagavad-gita As It Is 2.23

*nainam chindanti sastrani
nainam dahati pavakah
na cainam kledayanty apo
na sosayati marutah*

Translation:

The soul can never be cut into pieces by any weapon,
nor can he be burned by fire, nor moistened by water,
nor withered by the wind.

Lesson One

Where Did I Come From?



A very long time ago, too long ago to count, you were with Lord Krishna in the spiritual world. You did not look the way you do now. You had a spiritual body and were happy all the time. You never felt sick, scraped your arm or got hurt falling down. You loved being with Krishna and serving Him in many ways.

Perhaps you served Krishna by fanning Him, or you may have made garlands for Him out of sweet smelling flowers. Perhaps you helped Him tend the cows and calves in the forest and when it was time for lunch, you might have played a trick on Krishna by stealing His lunchbag. You may have even danced with the Lord. There are so many ways you could have served Krishna in the spiritual world where even the birds love Him purely and sing His names.

In the spiritual world, every living being is a pure devotee of Krishna. When the cows hear the Lord play His flute, their eyes fill with tears and the ground beneath them becomes drenched with milk. When Krishna plays His bamboo flute, the trees become happy knowing that Krishna's lotus lips are touching a flute made from their branches.

Everyone in the spiritual sky is happy to be with Krishna.



But, one day, you looked at Krishna and thought, “I wonder what it would be like to be Krishna.” Even in the spiritual world you can choose not to serve God. But, if you decide that you do not want to serve the Lord and you become envious of Him, then Krishna allows you to try to become happy without Him. He does this by letting you fall down into the material world where you, a spirit soul, take birth again and again inside one material body after the other.

Sometimes you took birth as a fish, sometimes as a plant or tree, sometimes as an insect, or a bird, or an animal. In each body, you forgot all about Krishna and tried very hard to enjoy without Him. No matter what material body you were born into, however, it was certain you would face four problems: birth, disease, old age and death. There is no way to escape these difficulties in the material world.

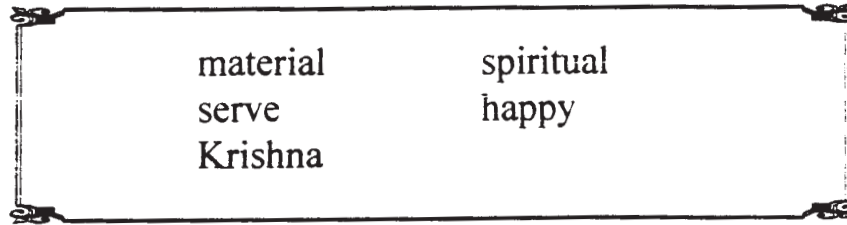
After a very long time of taking birth, or reincarnating, into so many material bodies, you finally took birth as a human. Only in the human body are you smart enough to ask who you really are and who is God. When you take birth in a human body, you must not waste the chance to find the answers to these important questions by trying, once again, to enjoy without Krishna.

The Lord spoke the *Bhagavad-gita* so we can stop taking birth in the material world and go back home to the spiritual world forever.



Check for Understanding

Complete the sentences using the words in the box:



1. A very, very long time ago, I was in the _____ world.
2. I had a spiritual body and was _____ all the time.
3. Everyone in the spiritual world is happy to _____ Krishna.
4. Because I thought I could be happy without _____, the Lord let me come to the _____ world to try to be happy without Him.

Circle the **LIVING** beings below in which the spirit soul can take birth while in the material world:

human being

lion

rock

bricks

turtle

monkey

oak tree

stones

blade of grass

beetle

parrot

dolphin

Name the four problems we are **always** faced with in the material world:

1.

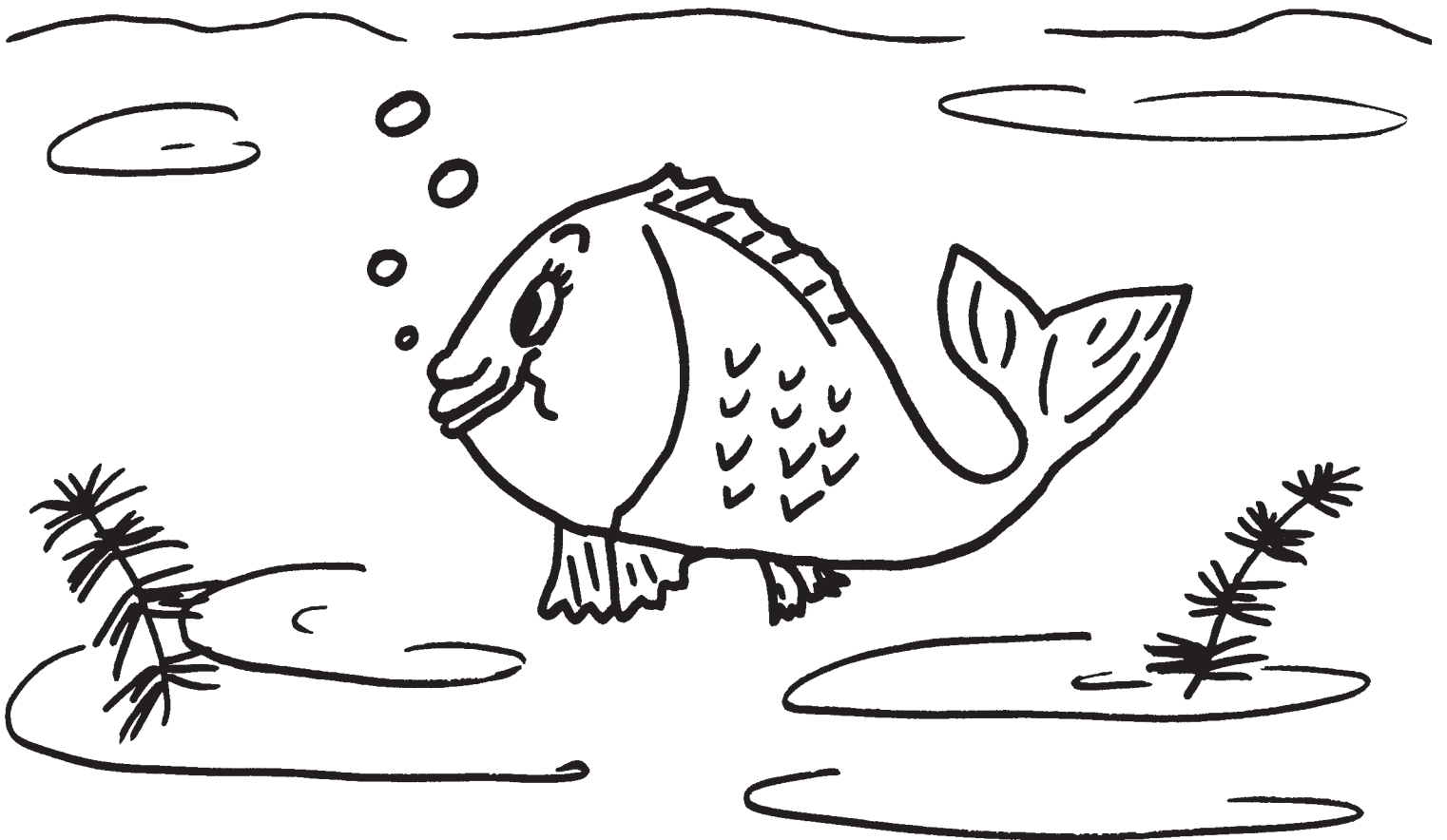
3.

2.

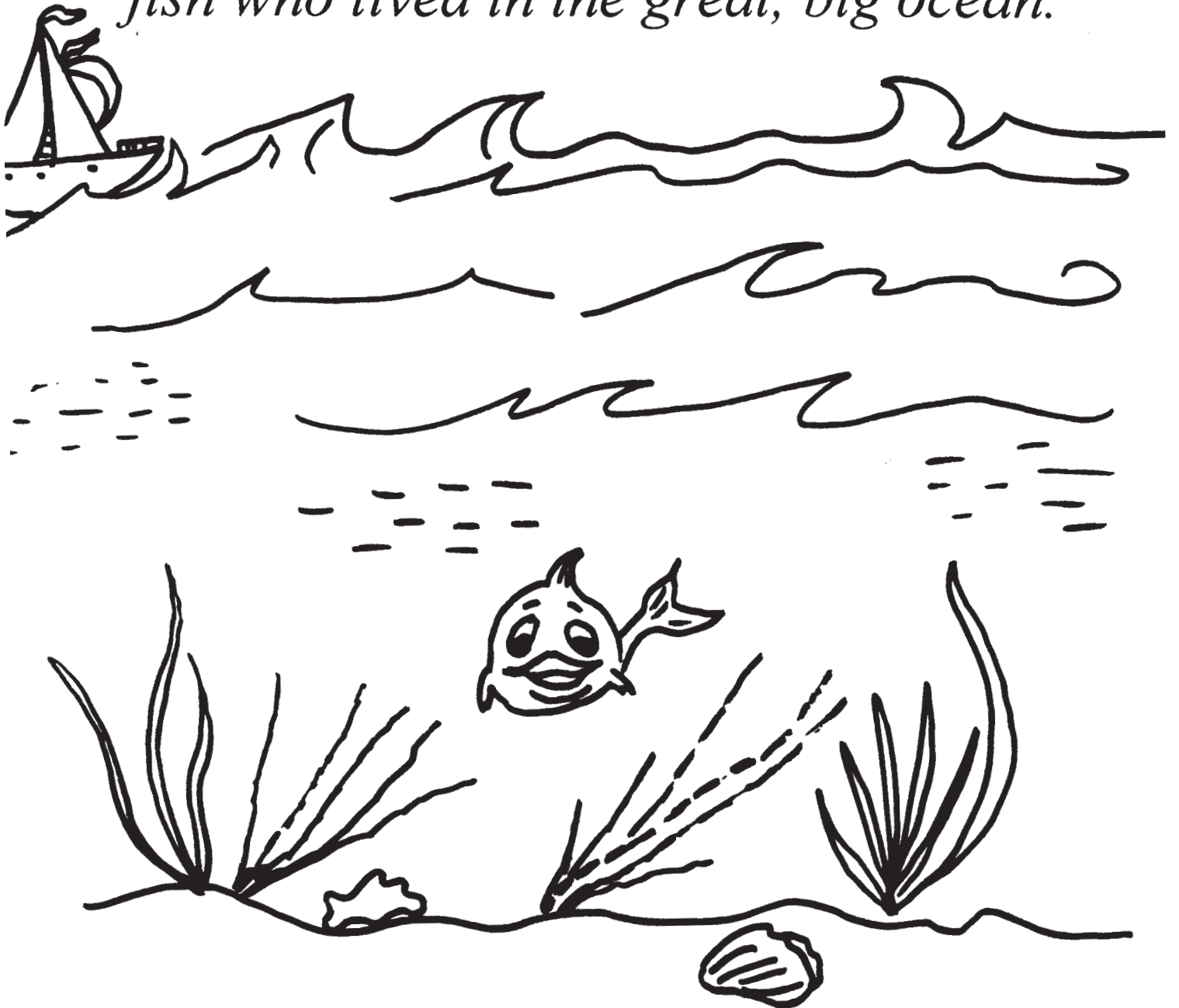
4.

The following story is called "A Fish Is Just A Fish."
Just as the fish is not happy living anywhere except in the water where
he belongs, the spirit soul cannot be really happy unless he is with
Krishna. In the material world, we will always be
like a "fish out of water."

A Fish Is Just A Fish



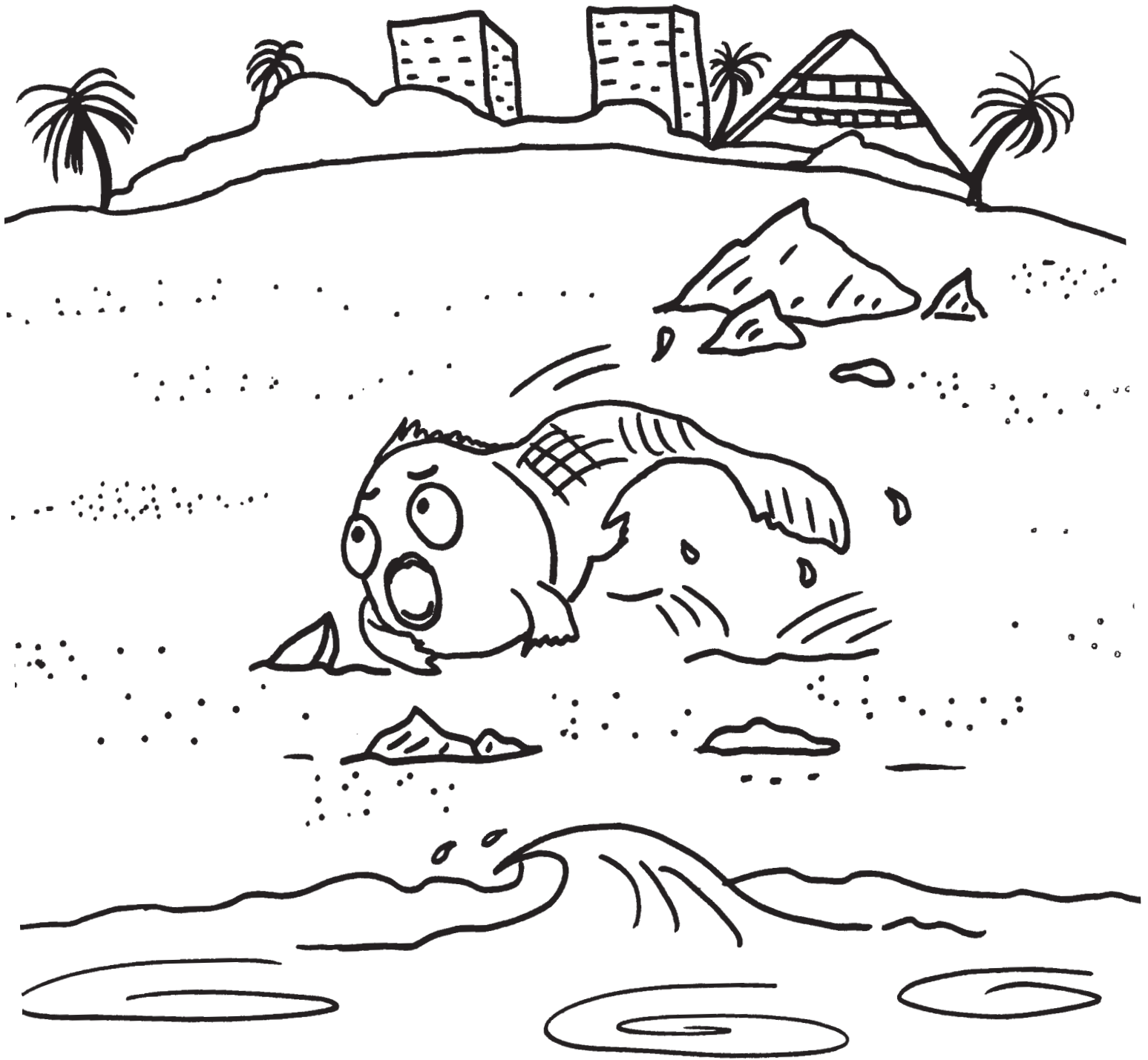
*Once upon a time, there was a tiny
fish who lived in the great, big ocean.*



*One day he jumped out of the water
and onto the land.*



The land was hard and rough and the poor little fish could hardly breathe.



*Just then a man came along.
“I know what you need,” he said.
“Here, you can have
my hat and scarf.”
But, the little fish was not happy.*



*Next, a woman came along.
“Oh, you poor fish,” she said.
“Here, have my coat.
That will make you feel better.”
But, the little fish was not happy.*



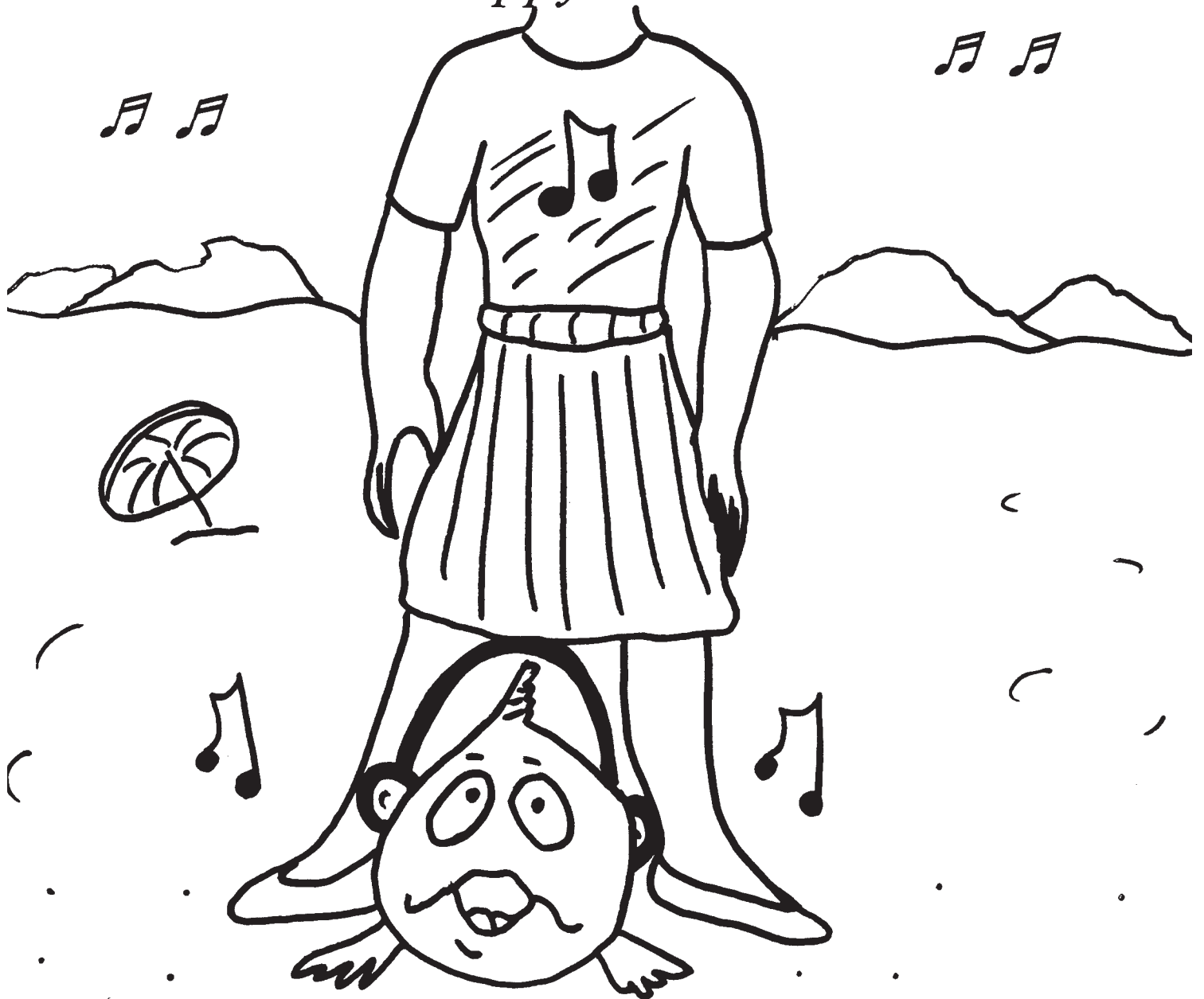
*Then a drunken man came along.
“Here you are fish,” he said.
“Have a cigarette and some wine.”
But, this did not make the little fish
happy at all. In fact, he felt quite ill.*



*Next, two children came along.
“This fish needs some of our candy,”
they said. But, the fish was
still not happy.*



Then along came a girl.
“Would you like to listen to some
music, fish?” she asked.
But, this did not make the fish
happy either.



The poor little fish was gasping for his life. As he lay flapping around on the land, all of the people came back and began to argue.

“This fish needs a car,” one man said.

“No, he needs a wife,” a woman said.

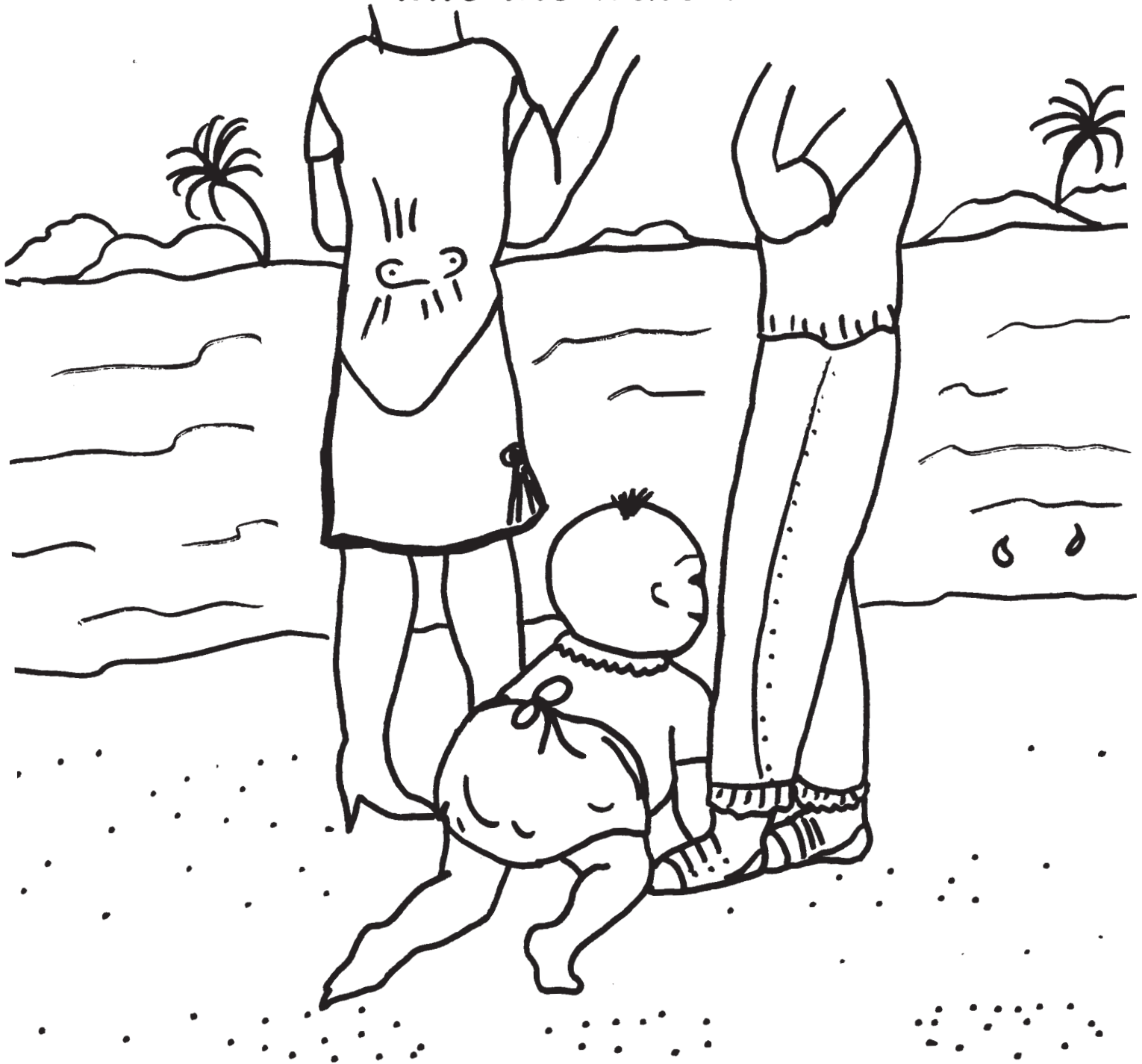
“No, no,” another man said. “You are both wrong. He needs a big house.”

“Perhaps he needs a job,” a girl said.

“Give him some money,” a boy said.



*While the people continued to argue,
a little baby crawled between their
legs. He pushed the fish back
into the water.*



“Thank you very much,” said the fish.

“That was what I really needed.”

Then the fish happily swam away

because he was now home

where he belonged.



Moral:

No matter what we do in the material world to become happy, we will never be really happy until we are back home with KRISHNA in the spiritual world.

That is where we really belong.



Lesson Two *Who Am I ?*

In the *Bhagavad-gita*, Lord Krishna explained to Arjuna that there is a difference between your body and you, a tiny soul within your body. Your body was born and will die, but you, a soul, were never born and will never die. The soul lives forever. It is the real self.

As a spirit soul, you are very, very small. Even though the soul is so small, it is as bright as one-thousand suns! ☼ ☼ ☼ ☼ ☼ ☼ . . .

But, even with the most powerful microscope, the spirit soul could never be seen by any material means. Then how do we know the soul is there?

The soul is what gives life to your body. Even though we cannot see the spirit soul within the heart of all the living beings, we know it is there because they are alive and conscious.



????????????????????

Why is it special to take birth in a human body?

Because, as a human, you have the intelligence to ask who you really are. Only as a human can you remember that you are really a soul and not your body.

Krishna told Arjuna that when we understand the soul, we will be happy and never forget our higher, spiritual nature. Even if great trouble comes, we will not be upset. When we understand the soul, we will see that all living beings are part of Lord Krishna. We will see that they are all His children and are spiritually the same. Because of this we will be kind to all living beings, knowing they are all dear to the Lord.



Within every living being there is a soul. The soul gives life to the fish in the sea, the plants and trees in the park, the insects on the ground and the birds in the sky. It is the soul that gives life to the animals and to the humans.



On a cloudy day we cannot see the sun, but we still know it is there because we can see some of its light shining through the clouds. In the same way, we know the soul is in the body because the body is alive. When someone “dies,” the body is still there. The body stops breathing and the heart stops only because the soul has left the body. The soul never dies!

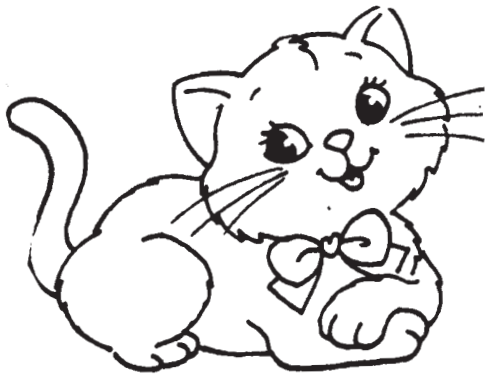
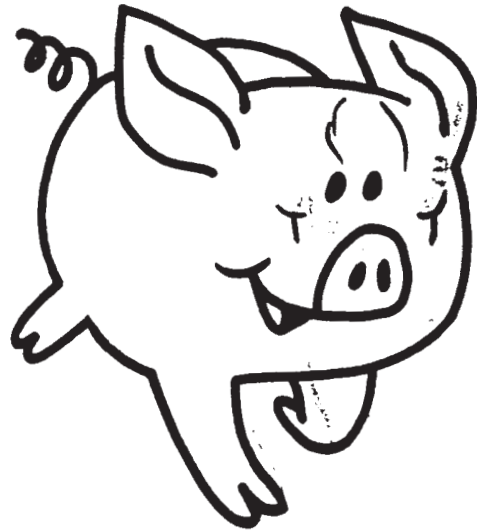
When you, a spirit soul, take birth inside a material body, you forget that you are really a spirit soul. For example, you cannot remember, but at one time you took birth inside a tree body. You stayed inside the tree body for many, many years while the body grew branches, leaves, flowers or fruit. Sometimes, the tree body had to endure hot summers, cold, snowy winters, and rainstorms with fierce winds. The tiny soul stayed like this until the tree body died. You, a spirit soul, then continued your journey in the material world.

Sometimes as a tree, sometimes as an insect, sometimes as an animal, we believe we are whatever material body we enter. Finally, the soul takes birth in a human body.



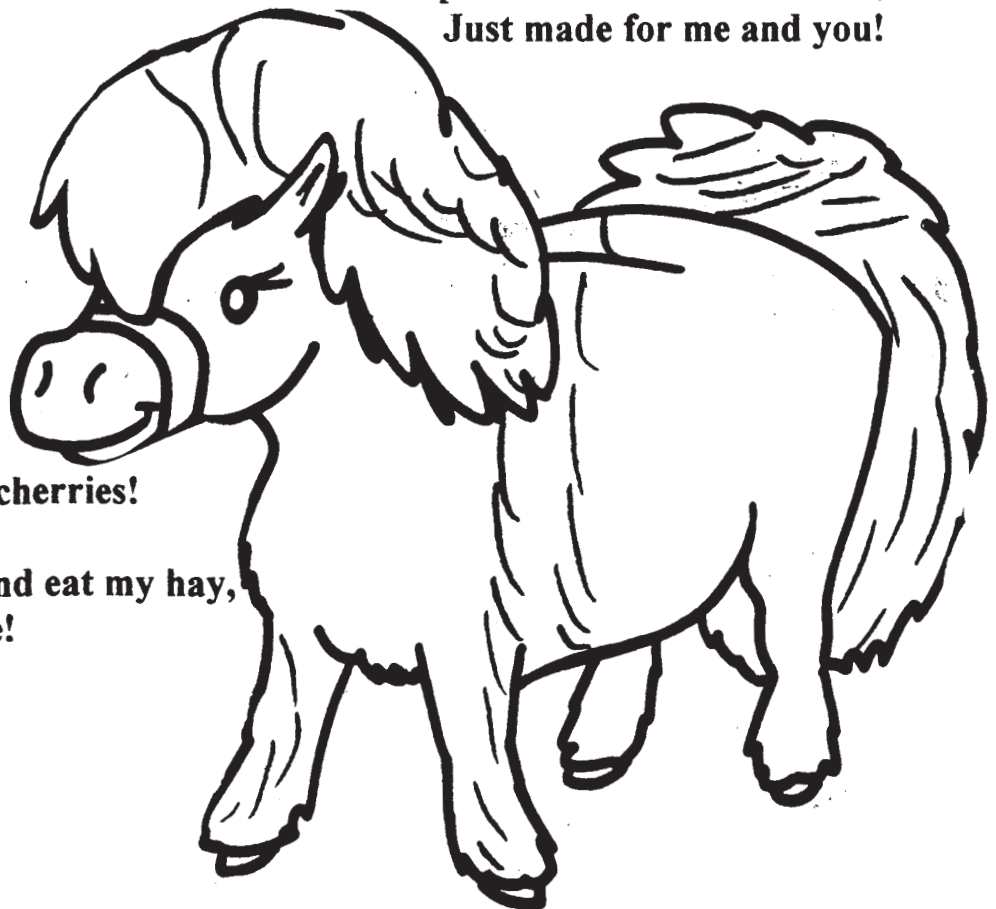
*Animals do not have the intelligence to ask,
"Who am I? Who is God?"*

**Oh, this is the life for me!
Just the way it should be!
I sniff and snort, and eat and sleep,
And frolick merrily!**



**Oh, the world's a wonderful place!
Such a dream come true!
A paradise of birds and mice,
Just made for me and you!**

**Oh, life is a bowl of cherries!
What a lot of fun!
I'll jump and play and eat my hay,
Until the day is done!**



Check for Understanding

Circle the correct answer:

1. The soul lives

- a. one thousand years.
- b. forever.
- c. as long as your body.

2. The soul is as bright as

- a. the sun.
- b. one thousand stars.
- c. one thousand suns.

3. The soul gives life to

- a. the animals
- b. all living beings.
- c. the humans and demigods.

4. The soul is

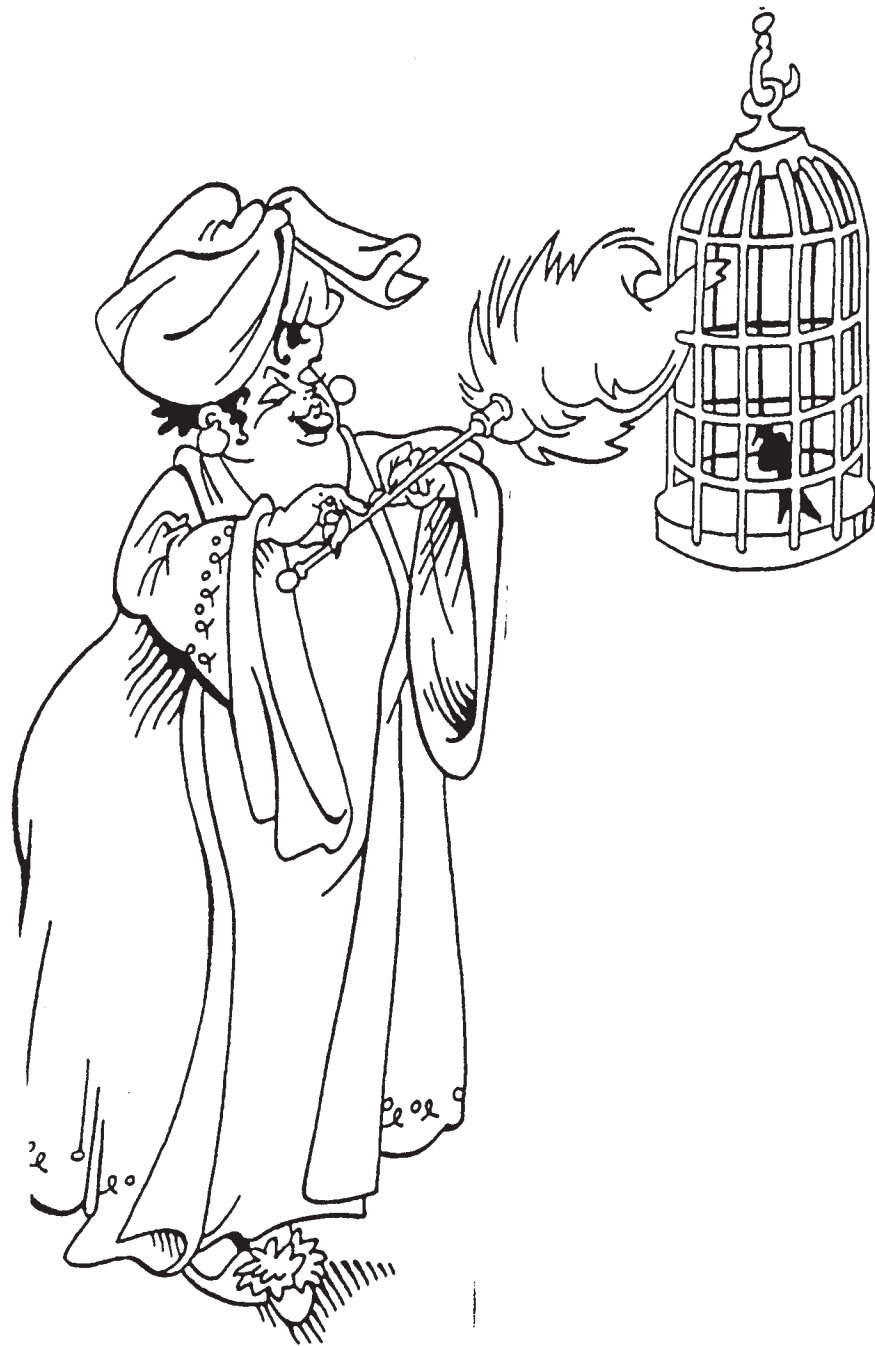
- a. the real self.
- b. too small to see with a powerful microscope.
- c. eternal.
- d. All of the above.



**The following story is called, “Bird in a Cage.”
While you read it, try to think of the cage as the material body
and the bird as the spirit soul inside the body. Have fun with this one!**

Bird in a Cage

*There lives an old lady in London,
Who has a songbird in a cage.
She says she loves it very much,
Her dear little bird in a cage.*



*The bird is happily chirping,
It seems contented and bright.
The song it sings is enchanting,
To hear it is such a delight.*



*And the lady is pleased with her bird,
But just because it is active,
She never thinks she is singing along,
With a poor imprisoned captive.*



*Nor does she understand its needs,
The care of the cage comes first.
She polishes madly all day long,
While the bird feels hunger and
thirst.*



*The cage nearly blinds her with glitter
and shine,*

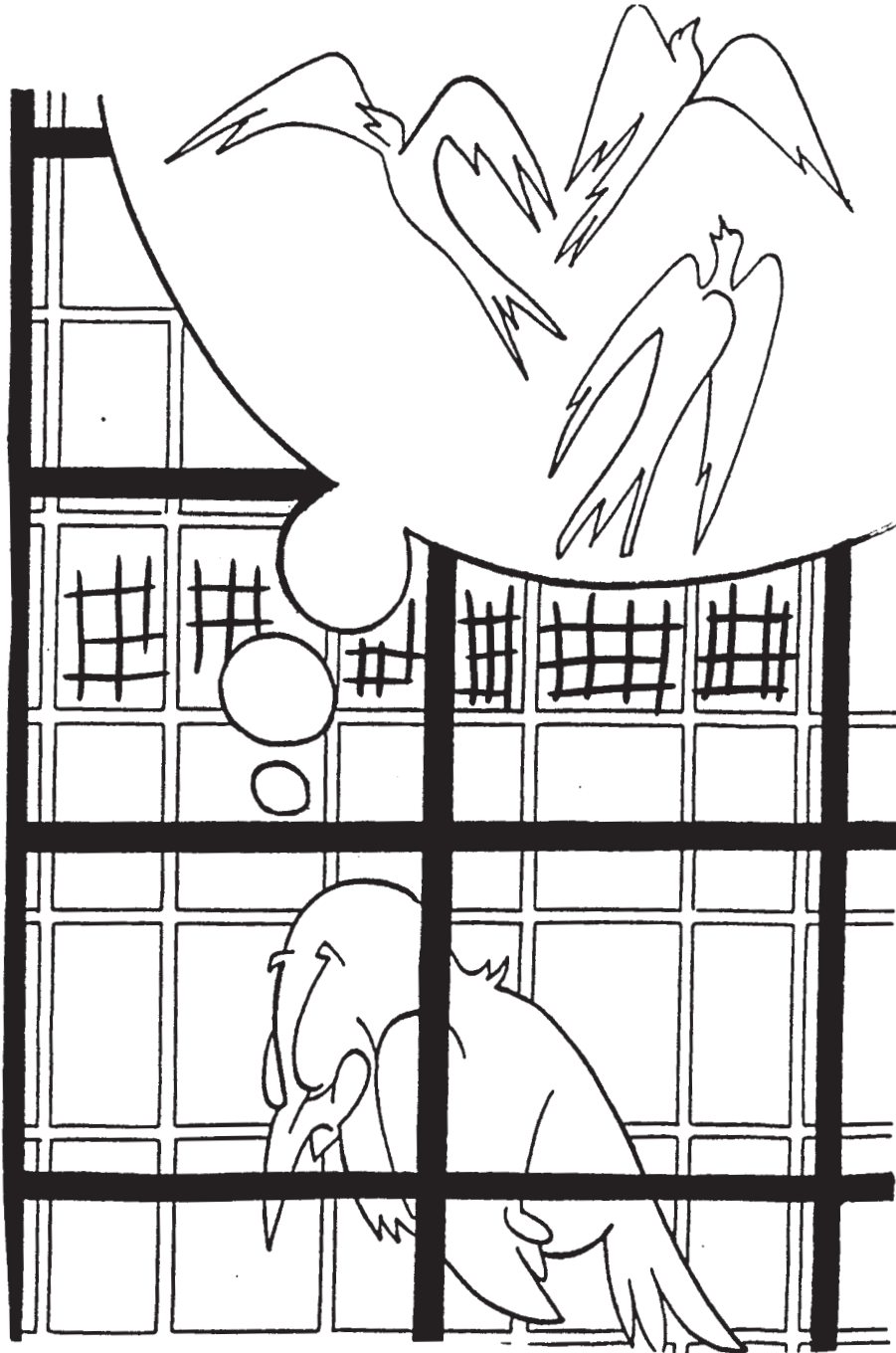
*But as for the poor bird inside,
She never notices how it has changed,
For the cage is her glory and pride.*



*A week goes by without water or food,
Till the voice, once singing so clear,
Gets weaker and weaker day by day,
Oh, the bird is fading, I fear!*



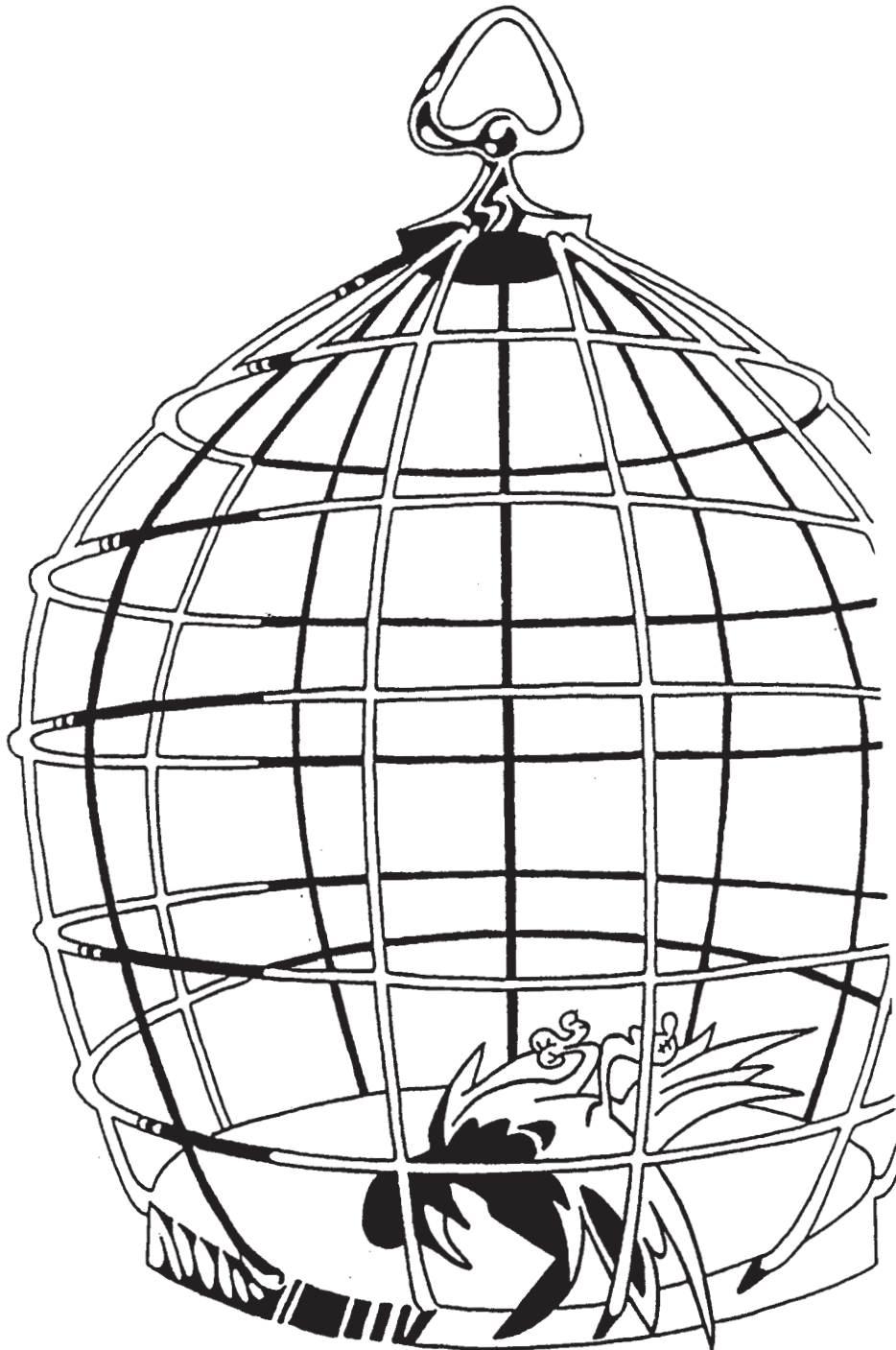
*He gasps and cheeps so faintly,
And twitches his little wings.
He dreams of swinging high in the air,
To the last bit of life he still clings.*



*The dear little lady keeps polishing,
Till she's sweaty and red with
endeavor,
But you and I both know of course,
She's insane, and not at all clever.*



*The tragic days turn into weeks,
For a month the bird isn't fed,
And yet the old lady's astonished,
When at last it lies cold and dead.*



“Is this what I get for trying so hard?”

*The cage, it shone like a jewel.
I cleaned it to keep Birdy cheerful,
Oh, why is fate being so cruel?”*



*She thinks if she curses and tears
at her hair,
That the bird will soon be restored.
But, oh what a pity, it's far too late
She's lost the bird she adored.*



*For the soul of the bird has
already left,
The body the lady will mourn,
Not knowing the soul of the bird
has entered,
A new body to be reborn.*



*Yes, the soul is alive in everyone's
heart,
And the body needs it as a guide,
Just as a car needs a driver,
Before it can go for a ride.*



*So if you think that you only need
To take care of your body, you're
wrong.*

*Keep thinking and you will realize,
That it won't be enough for long.*



*For the soul must not be neglected,
And here's his favorite dish--
The names and pastimes of Krishna,
Will satisfy every soul's wish.*



*Let's feed our souls and everyone
else's,
The best Sunday feast ever tasted.
The Hare Krishna maha-mantra,
The sounds that are never wasted.*



*And if you meet someone like the old
lady,
You can share your knowledge so
sweet,
Tell them about the body and soul,
To make both your lives complete.*



Lesson Three ***Where Am I Going?***

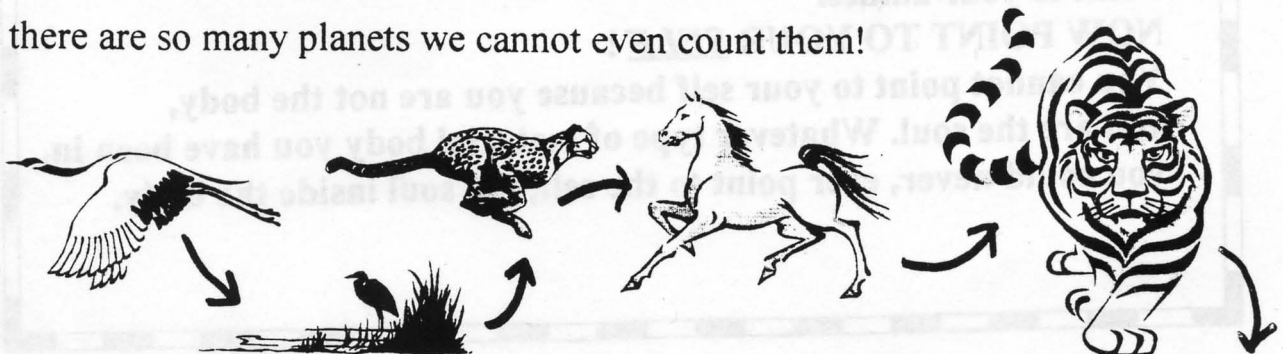
Let's Review What You Have Learned

So far in this session, you learned that you are not the material body, but are a spirit soul. You learned that you were once with Krishna in the spiritual world, but because of your envious feelings, you took birth in the material world.

In this lesson, you will learn how you, a spirit soul, have taken birth in one body after the other. This is called reincarnation.

What is Reincarnation?

Ever since you chose to leave the spiritual world and come to the material world, you have been very busy. You, a tiny spirit soul, have taken birth, or reincarnated, into many different kinds of bodies. Sometimes you were in the body of a fish, sometimes in the body of a plant or tree, and sometimes you were in the body of an insect, a bird, an animal, a human or even a demigod. You also did a lot of traveling in the material world where there are so many planets we cannot even count them!



It is easy to understand reincarnation if you compare it to changing your clothes. In the morning you take off your nightclothes and put on the clothes you will need for the day. If you are going outside to play, you will wear your play clothes. If you are going to school, you will put on your clothes for school or if you are going to the temple, you may put on special clothes that are only worn when you visit the Deities. At the end of the day you once again change into your nightclothes before getting into bed.

Everytime you change your clothes does your body change? No, your body stays the same. Only the outer clothing changes, doesn't it? Similarly, when a spirit soul changes bodies, only the body changes. The soul stays the same.

Let's Try an Experiment !

Use your pointing finger to:



Point to your eyes.

Point to your nose.

Point to your mouth.

Point to your arms.

Point to your stomach.

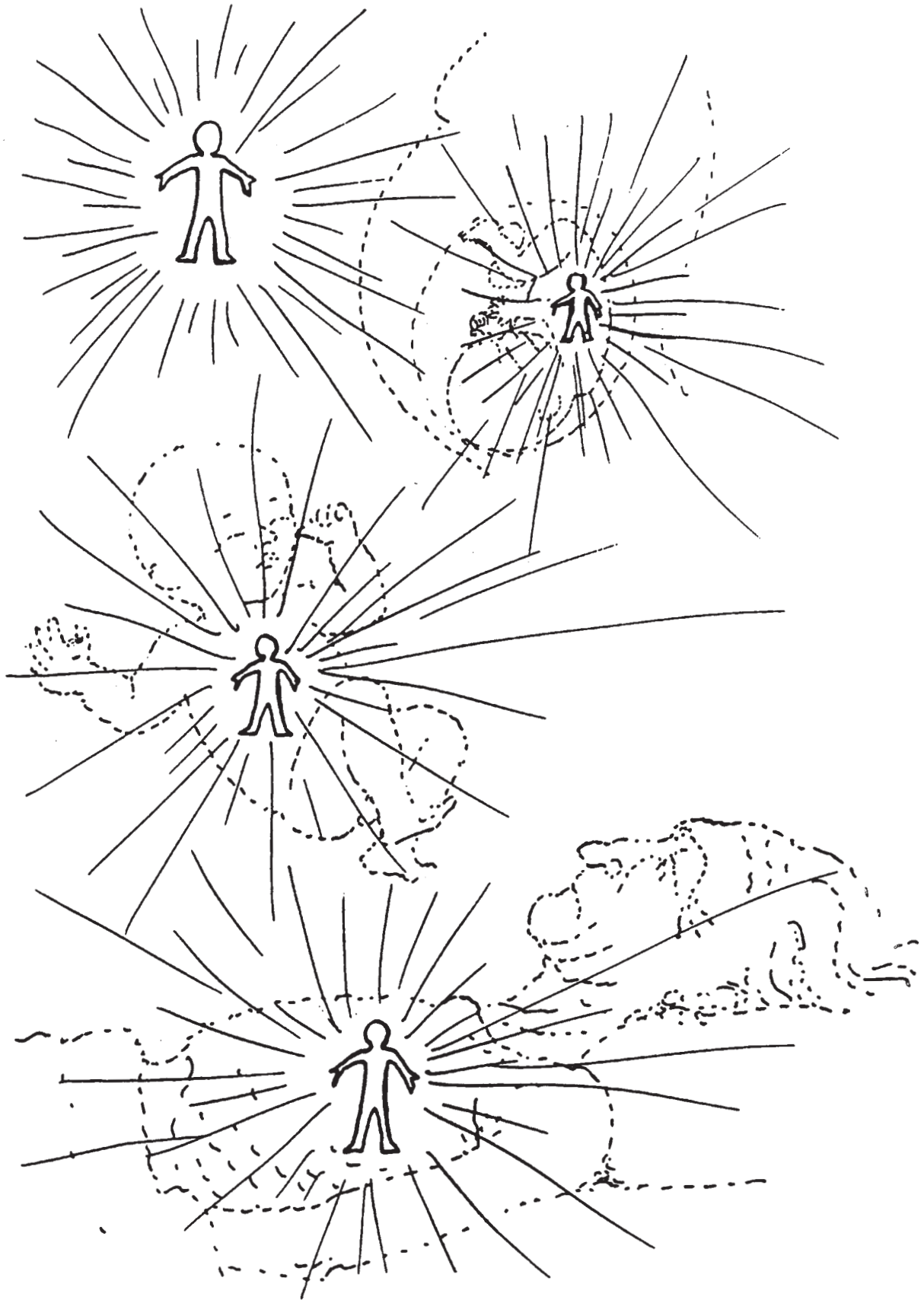
Point to your knees.

Point to your ankles.

NOW POINT TO YOUR SELF !

You cannot point to your self because you are not the body, you are the soul. Whatever type of material body you have been in, you could never, ever point to the self, the soul inside the body.

Although the body is born and dies, the soul never changes.



Do I Get To Choose My Next Body?

In a way, you do choose your next body. We have already learned that only in a human body do we have the intelligence to understand that we are spirit soul. Only in the human form do we have the intelligence to ask who is God. Can an ant understand this? Or a bird? Or a dog? Of course not! So we can see that taking a human birth is a great chance to get out of the material world and go back to Krishna where we belong.



If we become Krishna's devotee and think of him always, then at the time of death when we are leaving this material body, we will remember Krishna and go to Him. He misses us very much and is waiting for us to return to Him. But, if we waste this human birth by forgetting Krishna and doing so many bad things, then we will have to reincarnate into another material body.

For example, Krishna tells us in the *Bhagavad-gita* that eating meat is wrong. If a person ignores what Krishna says and eats animals anyway, then he is helping to choose his next body. He may have to take birth as an animal who will be slaughtered for food, or he may take birth as a big, strong animal in the jungle, like a tiger, who can kill and eat animals all day without anyone stopping him. What type of birth we take is all up to the laws of *karma*.

What Is Karma?

When you go to school you have rules you must follow. In most classrooms you must raise your hand before you speak. When it is time to form a line your teacher would not like it if you pushed everyone out of the way and ran out of the room. There are probably other rules you must follow as well. In a way, these rules are like the laws of the school and if you break them then you will be punished in one way or the other.

You also have rules to follow at home. Perhaps you have a rule that you must do your homework when you come home from school. You may have a rule that you must go to sleep at a certain time. These rules are like the laws in your home, and if you break them, then you may be punished at home, as well.

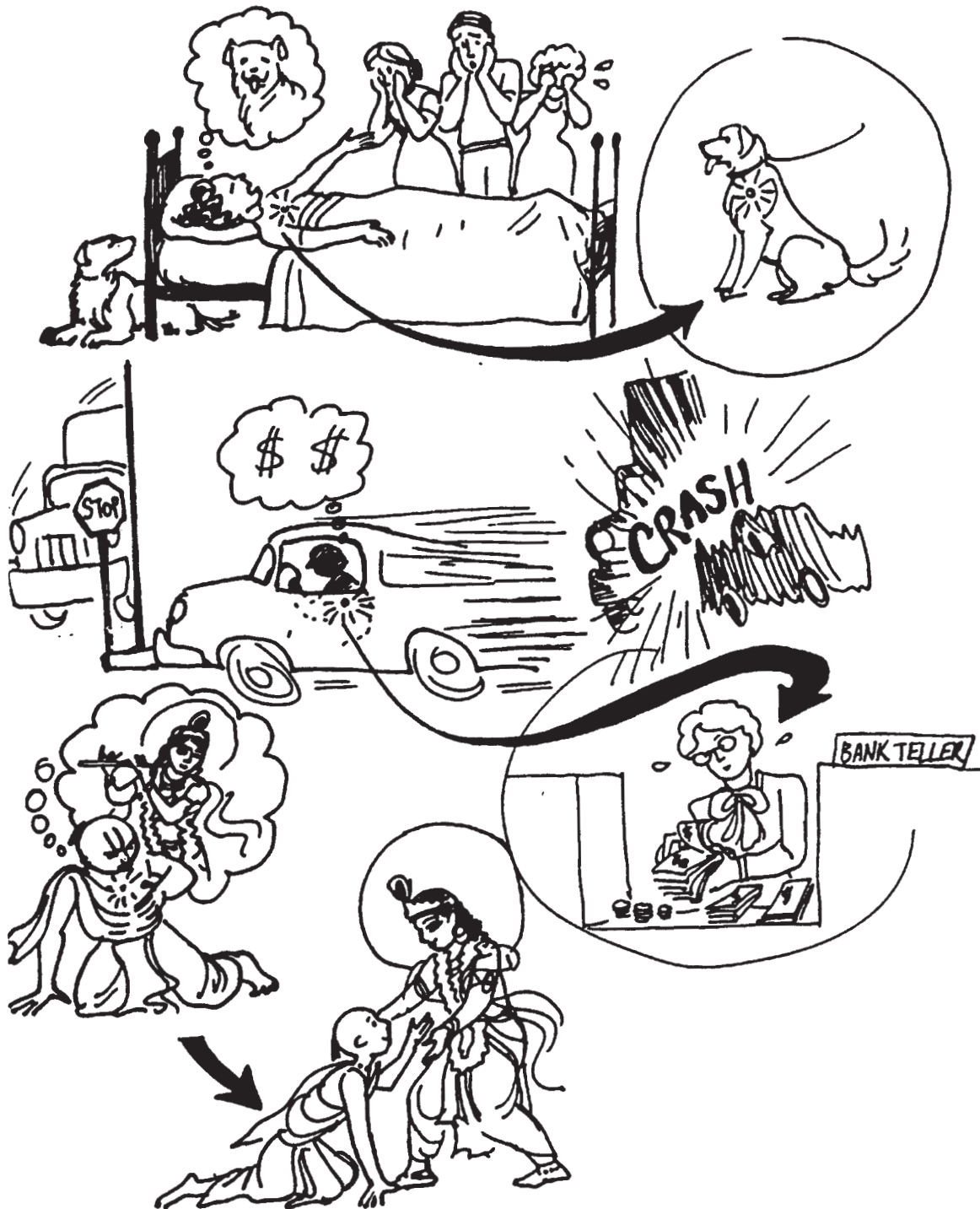
Would you be surprised to learn that the material world also has rules, or laws? They are called the laws of *karma*.

Krishna tells us these rules in the *Bhagavad-gita*. We have already talked about one of them, not eating meat. In the *Bhagavad-gita*, Krishna told Arjuna that everything we do we must do as an offering to the Lord. If we do not follow this and do things that do not please Krishna, then we must be punished by the rules of the material world, just as you may be punished for breaking a rule at school or home.

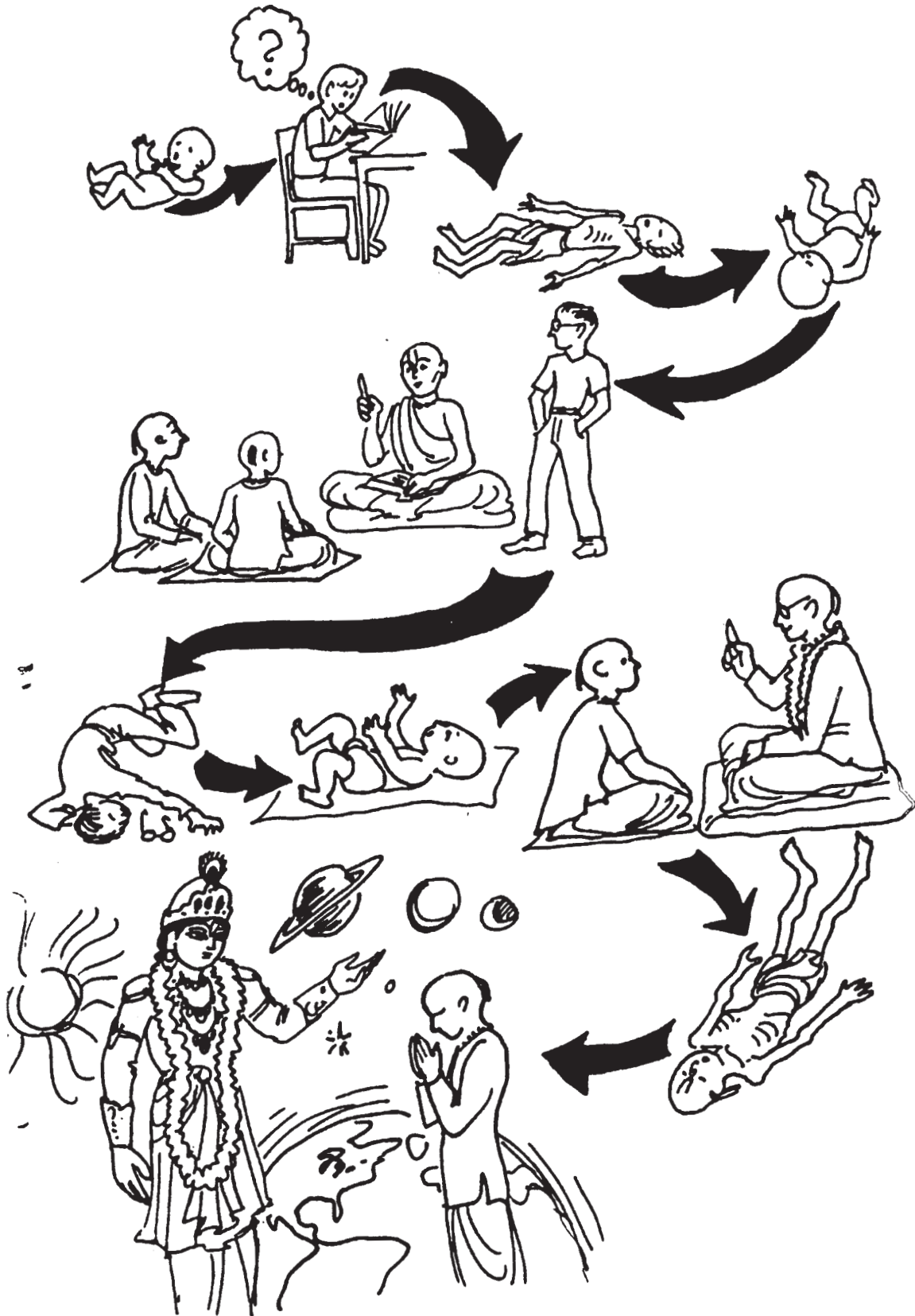
We have a choice to serve Krishna or not. If we serve Krishna, then we will go back home to Him where we will never have to take birth in the material world again. We will be happy forever!



If someone thinks of a dog at the time of death he will take birth as a dog.
If he thinks of money he may work with money in his next life.
In the same way, if someone thinks of Krishna at the time of death
he will go to Krishna.



This man is taking birth after birth until he surrenders to Lord Krishna.



Check for Understanding

Fill in the blanks:



1. Taking birth again and again is called _____.
2. Just as we change our clothes, the soul changes _____.
3. The material body is born and dies, but the _____ never changes.
4. The rules, or laws, of the material world are called the laws of _____.

Fill in the missing letters:

K _ R M _

_ E I N _ A R _ A T I _ _

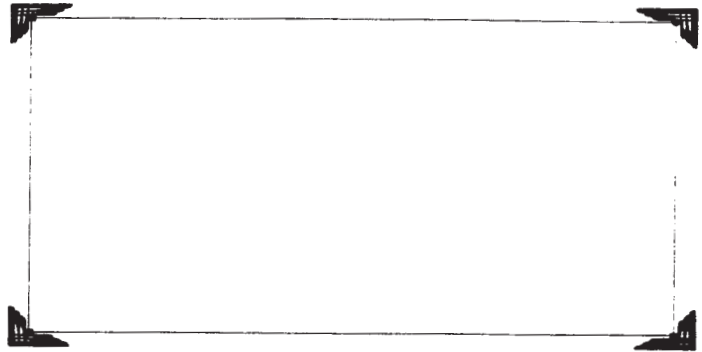
B A _ K T O G _ D H _ _ D

S P _ R _ T S _ _ L

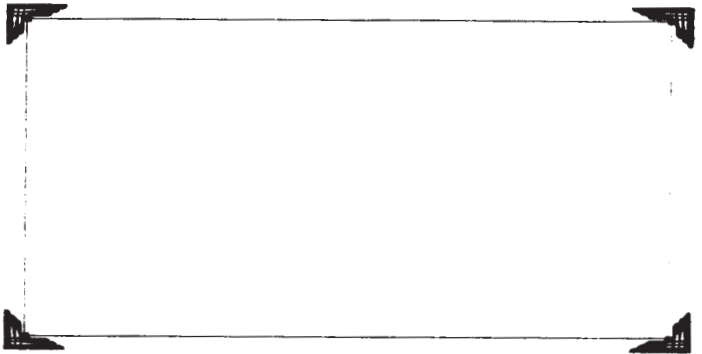
Let's Take a Trip Down Memory Lane! 🍎

In the boxes below, tape or glue a picture of yourself in a baby body, toddler body, and child body.

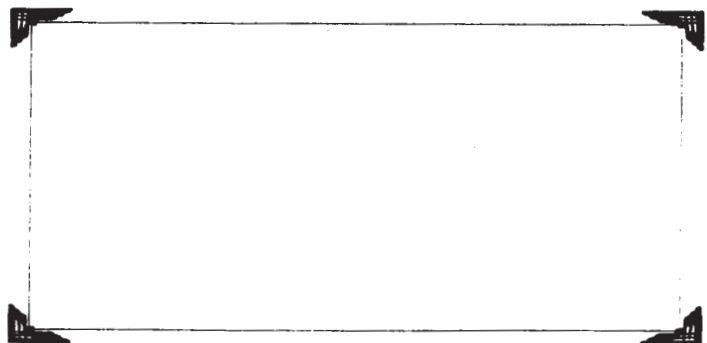
**Here I am in
a baby body! →**



**Here I am in
a toddler body! →**



**Here I am in
a child body! →**



You can see that your body has changed and will continue to change as you grow older. But, what has stayed the same?

Lesson Four *Who Is My Best Friend?*

In lesson one, you learned that you were not always in the material world. You learned that you were once in the spiritual world with Krishna. You were happy being with Krishna until one day you wondered what it would be like to be Krishna. All of the souls in the material world felt the same way and are here because they wanted to enjoy like the Lord.

Unfortunately, the souls in the material world suffer in many ways. Can you think of ways that a tree might suffer? Or an insect? Or a deer? Or a fish? Every living being in this world suffers in one way or another. (Even we humans have bad things happen to make us sad!) Any happiness we may have lasts for only a short time. Then something happens to make us sad again. This is the way of the material world.

Lord Krishna doesn't want to see you sad. He wants you to come back home and be with Him again. He knows this is what will make you really happy. That is because He is your best friend and wants the best for you.





What makes Krishna your best friend?

When you came to the material world it was because you wanted to forget the Lord. You did not want to serve Him anymore. You wanted to be served. But, even though you chose to leave Krishna, He never left you. He came with you to the material world as Supersoul, or *Paramatma*. As Supersoul, Krishna has stayed with you and has traveled with you in every material body in which you took birth. That is quite a journey!

Krishna, as Supersoul, is not only seated next to you in your heart, but is in the heart of all living beings as well. He patiently waits for all souls to turn and surrender to Him. He hears everyone's thoughts, desires and prayers. When a spirit soul finally does turn to Him, He helps that fortunate soul remember Him.



***Krishna is your very best friend
because He never leaves you.***

Krishna loves us so much that He even comes to the material world Himself to bring us back home to Him. In this age of Kali, He came as Lord Caitanya to teach us the chanting of the Hare Krishna mantra so we can go back to Godhead.



*Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare*

*Krishna is your very best friend
because He comes to the material world
to save you.*

Krishna loves us so much that He sometimes sends His pure devotees to the material world to teach us about Krishna. Srila Prabhupada was one such pure devotee of the Lord. Like Krishna, Srila Prabhupada loves us so much that he came to help us remember who we really are and where we really belong.



ALL GLORIES TO SRILA PRABHUPADA !

*Krishna is your very best friend
because He sends His pure devotee to preach to you.*



**In the *Bhagavad-gita*
Krishna tells Arjuna:**

*“When you see or hear anything great in this world,
remember Me. All beautiful, glorious and mighty
creations are only a spark of My splendor.”*

“I am the life of all that lives.”

“I am the intelligence of the intelligent.”

“I am the strength of all powerful men.”

*“I am seated next to the soul
in the heart of every creature.”*

“I am the light of the sun and the moon.”

“I am the heat in fire.”

“I am the taste of water.”

“I am the ocean.”

“Of seasons I am flower-bearing spring.”

“And I am your most dear friend.”

Check for Understanding

Fill in the blanks using the words in the box:

Srila Prabhupada	Supersoul	friend
Paramatma	Himself	spiritual world

1. Krishna is in the heart of all living beings as the _____.
2. Another name for Supersoul is _____.
3. Krishna sent His pure devotee, _____, to preach to us about Krishna.
4. Lord Krishna is our best _____.
5. Krishna sometimes comes _____ to the material world to save the devotees.
6. The Lord wants us to return home to the _____.

Recite the following poem:

**Two little birds sitting in a tree.
One is Krishna. One is me.**

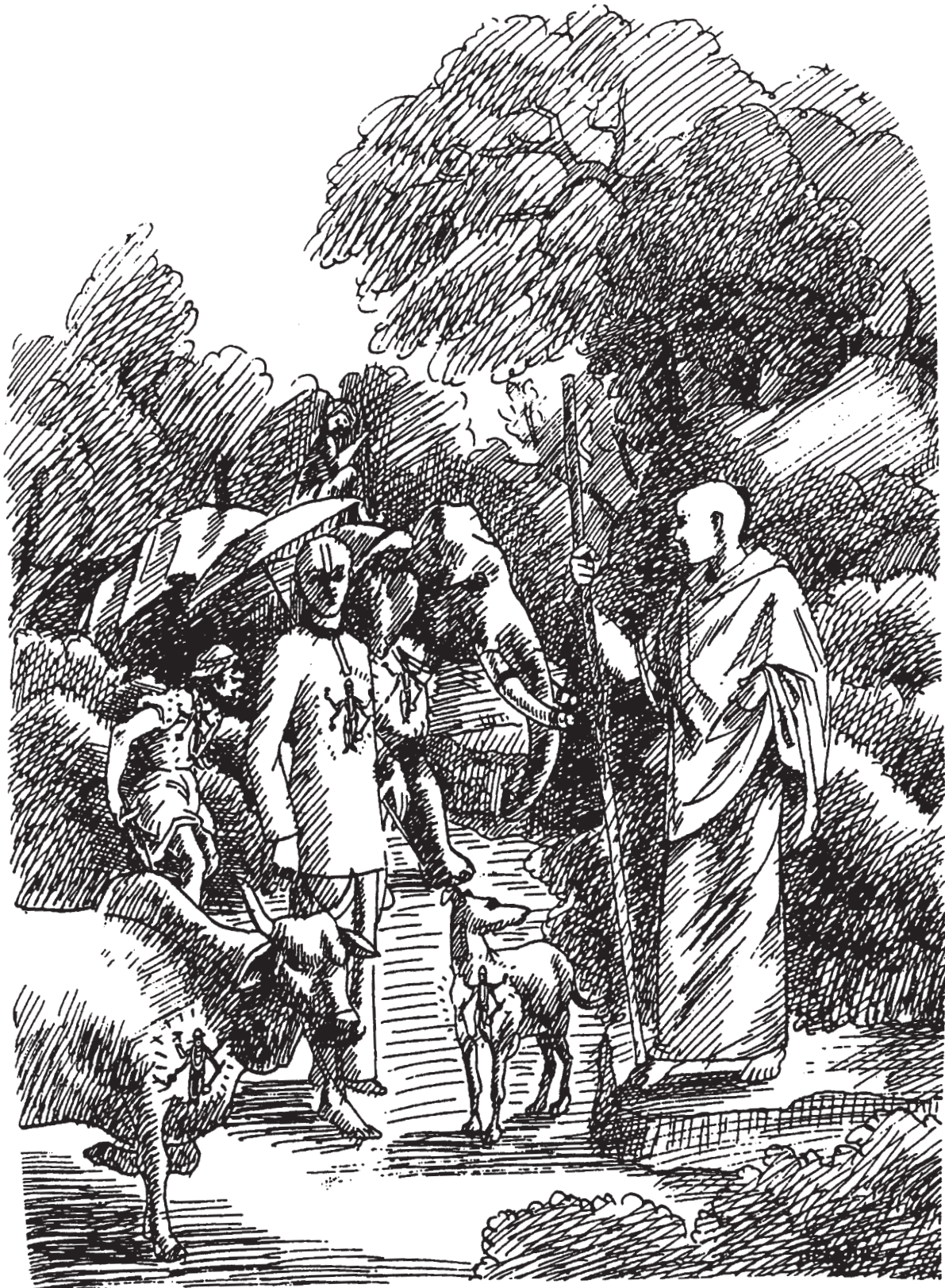
**I am always in distress
Trying to find happiness.**

**He is waiting day by day,
For me to turn and look His way.**

Krishna is seated next to the soul within the material body, just as two friendly birds are seated on the same tree.



A learned person sees that although there are different kinds of bodies, every living being is a soul. He sees that Krishna, as the Supersoul, is also present in the heart of all living beings.



Lesson Five *What Do I Do?*

In the Bhagavad-gita, the Lord said, “My dear Arjuna, always think of Me and serve Me with love. Then you will understand Me.”

From the time you wake up in the morning, you may think about so many things. If it is a day you are to attend school you may think, “What clothes should I wear?” “What’s for breakfast?” “Do I have my homework?” “Did I remember to bring my books?” You are learning to be responsible, so you must think about all of these things. But, while you are thinking these things did you stop to remember Krishna?

Since you are young you must attend school. Srila Prabhupada went to school when he was a boy. But, Srila Prabhupada once said, “Never was there a time when I did not remember Krishna.” Because he was a pure devotee of the Lord, he worshiped Radha and Krishna Deities even when he was very young. He even held a small Rathayatra festival every year for Lord Jagannatha and invited all of his neighbors. He thought of Krishna always! You are also young, but you can follow Srila Prabhupada’s example by always thinking of the Lord, too.



Do Your Duty !

Do you have chores to do at home? Perhaps it is your responsibility, or duty, to clean your room? Did you know that if you think of Krishna while you are cleaning your room, that is also devotional service? If you remember that it is your duty to clean your room and that everything belongs to Krishna so we must take care of the things He gives us, then this will help you to cheerfully clean your room while performing devotional service!

Krishna told Arjuna that it was his duty to fight in the battle of Kuruksetra. In a similar way, it is your duty to attend school and do your chores at home and to do what your parents ask you to do. If you do these things while remembering Krishna, then Krishna will be very pleased.



Because you are not your material body and are really a spirit soul, you naturally become happy when you are serving the Lord. When you return to the spiritual world you will serve Krishna forever. But, to get to the spiritual world you must practice how to serve Krishna now.

Krishna helps you to do this by appearing in His Deity form. In His Deity form, you can bathe Krishna, dress Krishna, decorate Krishna with jewelry, make Krishna flower garlands, and cook Krishna nice meals. When Krishna appears in His Deity form He allows you to sew clothes for Him, clean His altar and temple room and celebrate festivals for Him. You can offer Him incense and fan Him during arotika. All of these activities are called devotional service.



There are other ways you can serve the Lord, as well. When you give someone food that has been first offered to Krishna (*prasadam*), that is devotional service. When you learn how to read Srila Prabhupada's books about Krishna, that is devotional service. And when you bring a friend to the Sunday feast, that is also devotional service.

Read the following verses from the *Bhagavad-gita As It Is*.
Color the pictures. At the end of the session you may want to remove
these pages from your workbook, glue them on construction paper and
hang them in your room at home.

Offering Everything to Krishna



“My dear Arjuna,” the Lord said, “always think of Me and serve Me with love. Then you will understand Me.”



**Krishna says, "If one offers Me with love and devotion a leaf,
a flower, fruit or water, I will accept it."**



Everything that you do, everything that you eat and everything that you offer and give away, should be done as an offering to Krishna.



Krishna told Arjuna, “Engage your mind always in thinking of Me, offer obeisances and worship Me. Being completely absorbed in Me, surely you will come to Me.”



**“When your service to Me never stops and is done only for My pleasure,
and when you are friendly to every living being, I will lead you from this
world of birth and death.”**



**“I will bring you to My home, where there is no birth, no death,
and no unhappiness. There you will enjoy life forever.”**



Check for Understanding

Fill in the blanks below:

1. Lord Krishna told Arjuna, “Always think of _____ and serve Me with _____.

2. Being a pure _____, Srila Prabhupada always remembered _____.

3. Krishna appears in His _____ form to allow us to render devotional _____ to Him.

On the lines below, list some ways you can serve Krishna:

Lesson Six

Where Do I Live?

Let's Review What You Have Learned!

- *You were once in the spiritual world with Krishna.
- *You came to the material world to try to enjoy like the Lord.
- *You are not your material body, but are a spirit soul.
- *The soul reincarnates into many different material bodies according to our activities, or *karma*.

- *Spirit soul does not die when the body dies.

- *Krishna, as Supersoul, is in the heart of all living beings.

- *Whatever you do, you should do as an offering to Krishna.
This is called devotional service.

We have learned that it is unnatural to be in the material world. That's because you really are not at home here. Remember the fish who jumped out of the water and wasn't happy on land? As long as you have a material body and are in this material world, you will always be like the fish out of water.

By performing devotional service and remembering Krishna in all that you do, you can return to Him in the spiritual world. If you practice thinking of Krishna your whole life, then at the time of death when you leave your body, you will remember Him.



In the Bhagavad-gita, Krishna tells Arjuna, “One who, at the time of death, fixes his (mind) and in full devotion remembers the Supreme Lord, will attain to the Supreme Personality of Godhead. One who returns to Me, never takes birth again.”

By chanting Krishna’s names, serving Krishna and remembering Him always, you will go back home, back to Godhead, where you will be happy forever.

***Hare Krishna Hare Krishna
Krishna Krishna Hare Hare
Hare Rama Hare Rama
Rama Rama Hare Hare***

Check for Understanding

Circle the statements that are TRUE:

1. The material world is a place of eternal happiness.
2. I am not this material body, but spirit soul.
3. Serving Krishna is called devotional service.
4. I will be in my material body when I go back to Godhead.
5. I will always be like a “fish out of water” in the material world.
6. The spiritual world is my real home.

Unscramble the following words:

R S P T I I

O U S L

Fill in the blanks:

B _ C K T _ G _ D H _ A _



**Read the following story.
Then color the pictures with crayons or markers.**



A Hard Lesson To Learn



**Oh, poor me, poor me! Can't you see?
I'm more dead than alive.
I'm suffering in bed, but soon
The doctor will arrive.**



**Though covered with so many quilts,
I'm shivering and freezing.
My body's stiff, my head's a lump,
And all the time I'm sneezing.**

**My cheeks are hot, my eyes are red,
My nose is sore and runny.
To have to lie in bed like this
Is not at all that funny.**

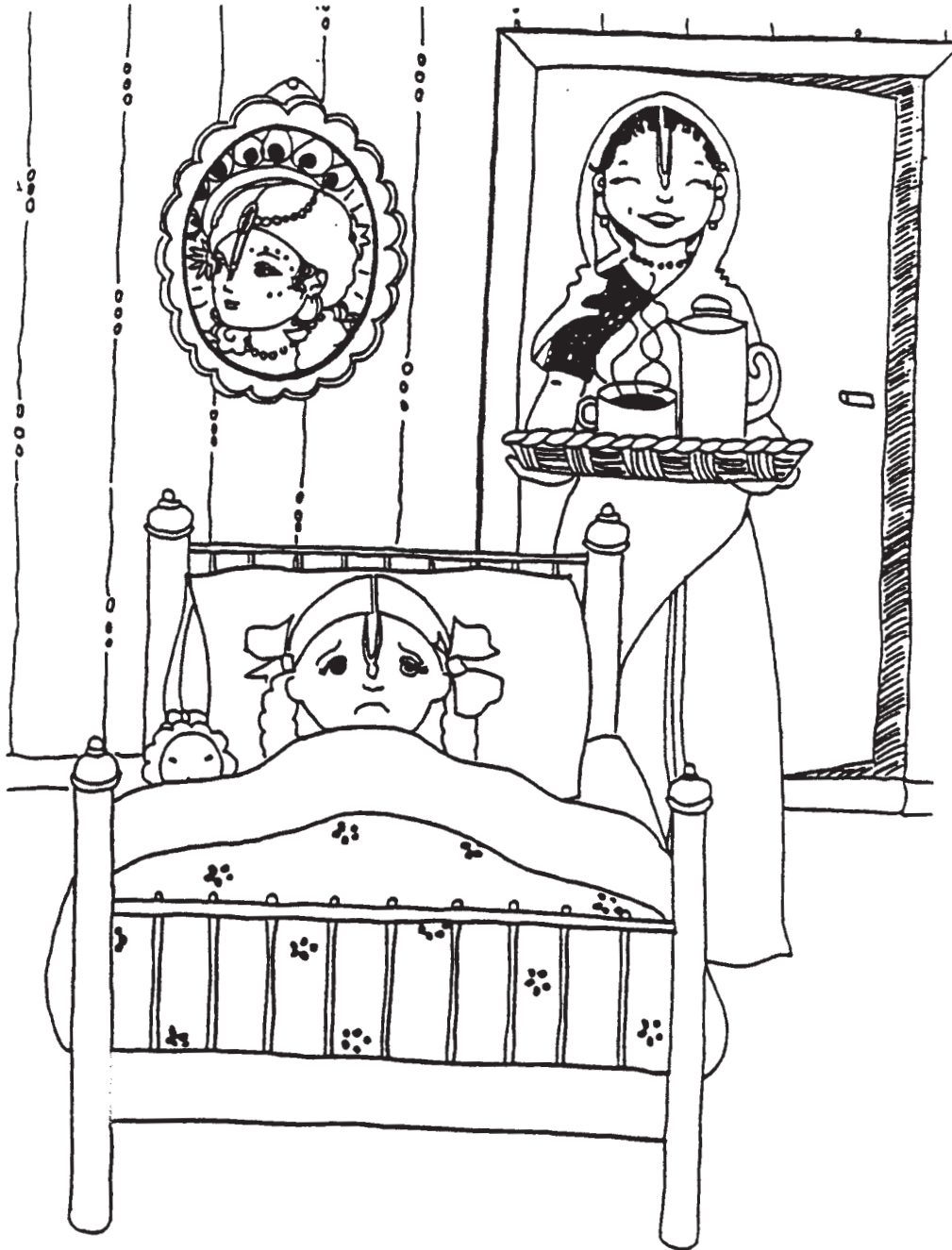


**“This is just a common flu.
In a week it will be gone.
So be a little patient now,
And then you’ll play and run.”**

**The doctor doesn’t understand
My terrible position.
No one is suffering like me
In this feverish condition.**

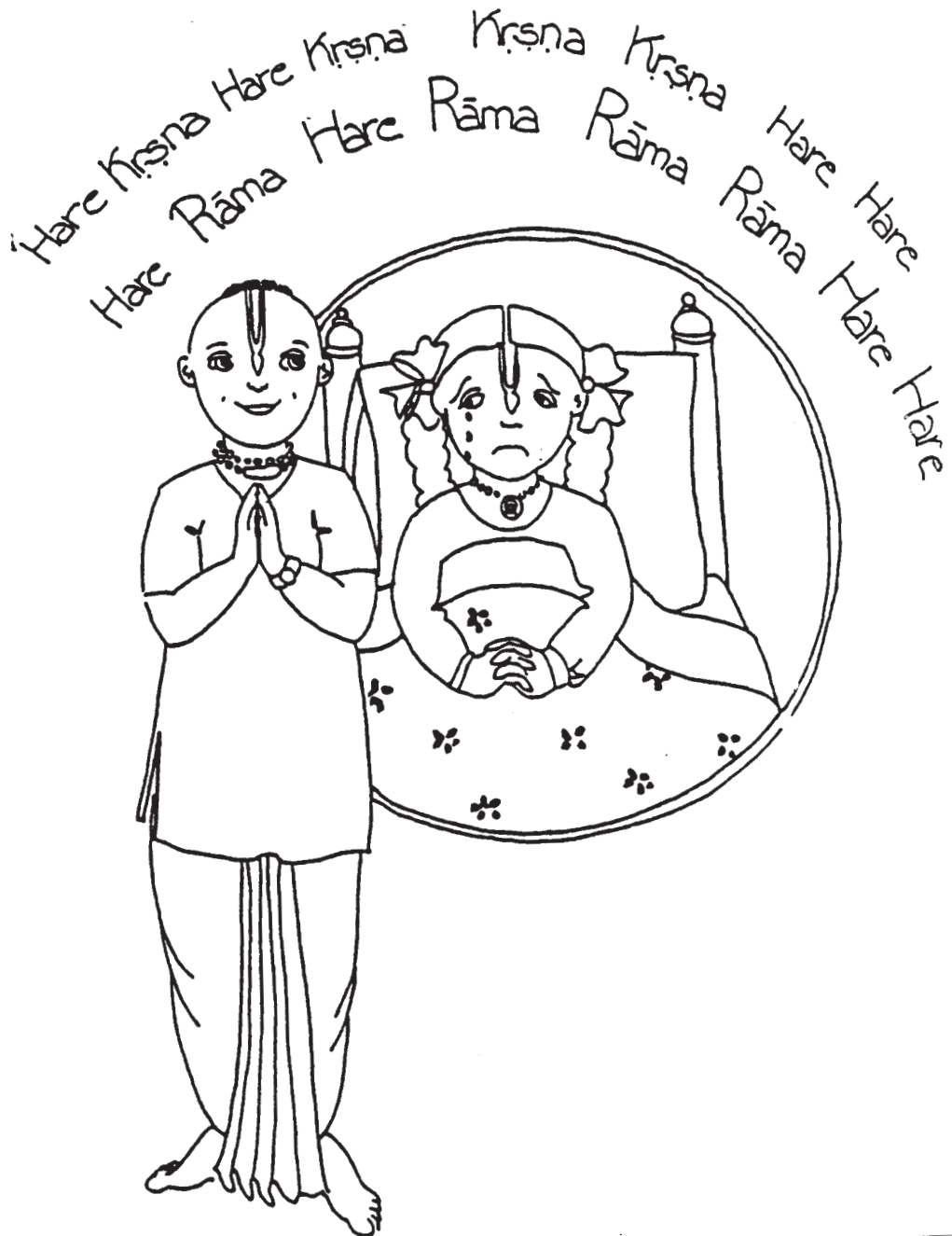


**My mother tries to treat my cold
And gives me tea with ginger.
That makes me suffer even more.
Can't even lift a finger.**



**My brother tells me every day
I shouldn't be so mental.
"Just chant Lord Krishna's holy name
And be more transcendental.**

**For him, who's always strong and well,
It's not difficult to see.
But, I'm sure he's never ever been
Suffering like me!**



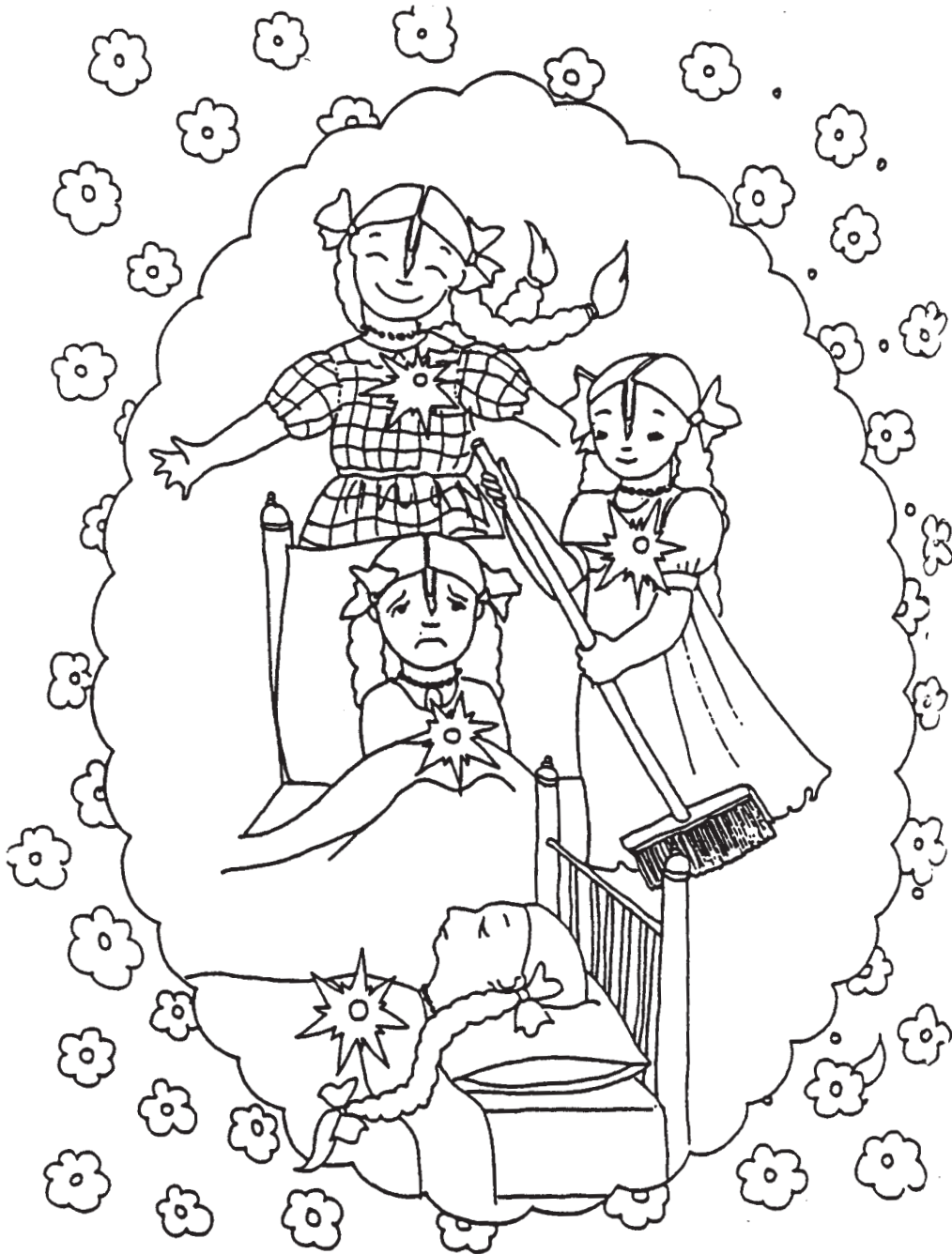
**When Dad comes home he sits with me
And tells me lots of stories.
He promises that soon I will
Forget all pain and worries.**

**He says, "You're not that body."
And I know that this is true.
But, it's really hard to understand,
When your body's sick with flu.**



**I'm full of happiness and bliss,
Eternal spirit soul.
Now, wait a minute! This would mean
That I don't have a cold!**

**It's just my body suffering
From sickness and from pain.
And even if the body dies,
I will still remain.**



**I've been traveling for many lives
From one body to the next.
Changing bodies like my clothes,
So, why should I be perplexed?**



**One day you're sick and stay in bed,
And the other day you're healthy.
Like someone might be poor one day,
And next day he'll be wealthy.**

**We try to turn to happiness from pain
But, there's no reason.
These things are changing anyway
Like summer and winter season.**



**The change of happiness and pain
Is sometimes very quick.
So, even if you're healthy now,
Tomorrow you'll be sick.**

**As soon as I get well I'll try
To make others understand.
That they are also spirit souls,
Not their nose or throat or hand.**



**And when this fact is known to them,
They can surely see,
That everyone should serve the Lord,
Just like you and me.**



*My Dear Lord Krishna,
Although I have forgotten you
for so many long years
in this material world,
today I am surrendering unto You.*

*I am Your sincere
and serious servant.*

Please engage me in Your service.

*My Dear Lord, from this day,
I am Yours.*