

Hari Om
Chinmaya Bala Vihar
JCHYK2 Class
Self-unfoldment
Homework

Additional HW over long breaks

Thanksgiving & Winter Break: *Every day, after your morning shower, sit properly dressed before your altar of God. Clean your altar daily. Light a candle/tealight at your altar. Offer your loving pranaam to God and Guru, and invoke their blessings. Do silent japa of your chosen mantra 108 times, using your japa-mālā.*

Spring Break: *Daily, only after a shower, morning or night, practice the steps of meditation as given on in Self-unfoldment p. 204.*

Class 1

- Self-unfoldment: Write your answers to all the Level 1 Study Questions at the end of each chapter. Read Ch 2-3 and highlight important points.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 2

- Self-unfoldment: Write your answers to Ch 2-4, Level 1 Study Questions.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 3

- Self-unfoldment: Show and explain your handwritten BMI Chart to your parents. Read Ch 6 and highlight important points as you read. Write your answers to all the Level 1 Qs at the end of each chapter.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 4

- Self-unfoldment: Re-read Ch 7-8 and write your answers to all the Level 1 Qs at the end of each chapter. Show your work and discuss with your parents.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 5

- Self-unfoldment: Re-read Ch 9 and write your answers to all the Level 1 Qs at the end of the chapter. Read Ch 10.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 6

- Self-unfoldment: Ch 10-11: Write your answers to all the Level 1 Qs at the end of each chapter. Read Ch 12.
 - My Prayers: Once during the week, practice the prayers learned in the chanting session.
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Class 7

- Self-unfoldment: Write your answers to all the Level 1 Qs at the end of the chapter. Read Ch 14. Copy by hand in your binder p. 139 and p. 143.
 - My Prayers: Once during the week, practice the prayers learned in the chanting session.
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Class 8

- Self-unfoldment: Copy from Ch 15 in your binder and memorize (be ready for a quiz in the next class):
 - p. 152 the 4 Vedas and the 4 main sections of each Veda
 - p. 153 etymology of the word “*Vedānta*”
 - p. 154 definition of *Shruti*, *Smṛti* *Ithihāsa*, *Purāṇa*
 - p. 155 etymology of the word “*Upanishad*,” and description of the Upanishads, Gita, and Brahma Sūtras
 - p. 156 chart of the 4 *Mahā-vākyas*
 - p. 157 chart of “*tat-tvam-asī*”
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Class 9

- Self-unfoldment: Write your answers to all the Level 1 Qs at the end of Ch 16. Read Ch 17.
 - My Prayers: Once during the week, practice the prayers learned in the chanting session.
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Class 10

- Self-unfoldment: Write your answers to all the Level 1 Qs at the end of Ch 17-18, and to Level 2 only Question #2.
 - Bring a japa mala to the next class.
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Class 11

- Self-unfoldment Ch 18: Write by hand in your binder and memorize for a quiz in the next class:
 - p. 183 the definitions of *viveka* and *vairāgya*
 - p. 184 top 3 points – use title: “what we must discriminate between”
 - p. 187 top 3 points – use title: “how to attach to the Higher and detach from the lower”
 - p. 189 top 4 points – use title: “4 qualifications of a fit student of Vedanta”
 - p. 189 6 points – use title: “6-fold wealth”
 - Self-unfoldment Ch 19: Write by hand in your binder the Vedantic Mantras and Puranic Mantras on p. 205.
 - My Prayers: Once during the week, practice the prayers learned in the chanting session.
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Class 12

- Self-unfoldment Ch 19-20: Write your answers to all the Level 1 Qs at the end of each chapter.
- Practice japa daily 27x using your japa mala as given on p. 202.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 13

- Prepare a Powerpoint presentation on your assigned topic – present in the next class. Be creative and artistic, clear and comprehensive in your work.
- Self-unfoldment Glossary: Re-read pp. 243-252.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 14

- Prepare a Powerpoint presentation on your assigned topic – present in the next class. Be creative and artistic, clear and comprehensive in your work.
- Self-unfoldment Glossary: Re-read pp. 253-261.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 15

- Present both your Powerpoint presentations on the assigned topics to your parents.
- Self-unfoldment: Review your highlights and notes, and select the topics/pages you want further clarification on in the next class.
- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Class 16

- My Prayers: Once during the week, practice the prayers learned in the chanting session.

Classes 17-21

- My Prayers: Once during the week, practice the prayers learned in the chanting session.
- Review your notes and share what you learned from Gita Ch 7 with your parents.

HW over the summer:

- Be blessed! Watch Pujya Gurudev's [Gita Talk #6](#). Thereafter, watch daily and complete Pujya Gurudev's enthralling [video Gītā Jñāna Yajña series](#) on Chapter 7.
- Daily Study: After completing the Gita Ch 7 video series, start re-reading 3-5 pages of *Self-unfoldment* every day over the summer. Contemplate on "For your reflection" at the end of each chapter.
- Daily Prayers: Daily chant a prayer/hymn for the Lord at your altar (make a list so you can practice what you have learned).
- Daily Japa: Daily do japa 108x your chosen mantra, using your japa mala.