

General Ideas

☪ The Body as a Holy Place

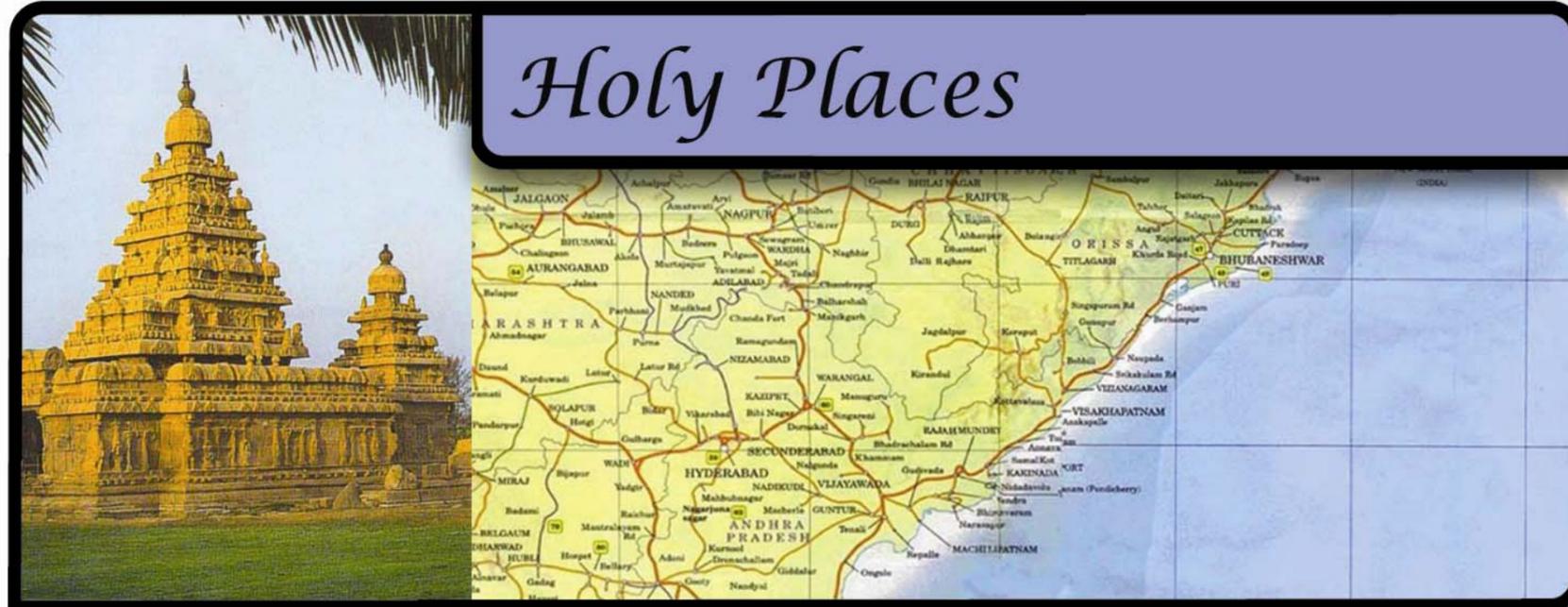
1. Keep track of one's own activities for one day (or daily for a week) and how much time they take. Make a chart about how time is being spent. Make a plan to improve in one area in the next week
2. Make a life plan and how each stage of life can be used in Kṛṣṇa's service
3. Throughout the day, stop and say, "What time is it?" Discuss how much time was just spent in doing the previous activity
4. Compare and contrast the body as temple with a building used for a temple. Use a Venn or double-bubble diagram
5. Create a drawing, song, poem, dance, media presentation, or speech about how the senses can act as friends or enemies
6. List all the senses and the general sense objects. Give at least five specific examples of each sense object. Pick one sense object and describe how it can bewilder us or how it can be used in Kṛṣṇa's service
7. Make an advertisement about what is wrong with taking intoxicants

☪ The Earth as a Holy Place

1. Study how paper is made. Visit a paper manufacturing plant if possible.
2. ☪ Make paper and then use in Kṛṣṇa's service
3. Research how trees are harvested and whether or not harvested trees in the local country or area are replanted; make a report
4. Research how paper and paper products are used in the country in which you live; calculate how many trees it takes to produce various quantities of various scriptures; make a report with a visual presentation
5. Visit a garden where the trees are labeled; research and talk about types of trees and what they are used for
6. Plant a tree or any plant and talk about how to care for plants
7. Help take care of the plants at the local temple or at home

☪ Pillars as a Holy Place (God is Everywhere)

1. Pick an object and describe it from at least five different viewpoints—for example, how the object would be perceived by an insect, various animals, a plant, and humans with different motives
2. Give a speech on what it means that God is everywhere
3. Pick an object that you use nearly every day and describe how you would feel if Nṛsiṃhadeva emerges from that object (describe in one of the following: descriptive essay, poem, picture, song, drama, dance)
4. List as many pastimes of Kṛṣṇa (or verses) as possible that show that Kṛṣṇa is everywhere



2-4 years:

1. ☪ Learn the Little Vaisnava song about the body and the senses. Point to each of the senses or parts of the body while singing the song. Talk about how we can use one or two specific senses in Kṛṣṇa's service
2. ☪ Learn the tilaka mantras and how to put on tilaka
3. Look at pictures of the heart and pictures of the atom. Touch other living things (people, plants, animals) and say, "Kṛṣṇa is in the heart!" Touch various things and say, "Kṛṣṇa is in the atom!"
4. Plant some seeds and talk about how to take care of trees and plants and what they are used for in Kṛṣṇa's service

5-7 years:

1. Make a comic of what you do each day at various times; discuss how much time is spent serving Kṛṣṇa
2. Look at photographs and/or drawings of pillars and columns; find the supporting walls or structures in a building; go to see buildings with pillars or columns if possible; talk about how Kṛṣṇa is everywhere and how Nṛsiṃhadeva came out of a pillar
3. Learn the names of kinds of trees in the areas and what they are used for

8-10 years:

1. ☪ Research in Caitanya-caritāmṛita or Teachings of Lord Caitanya about the various Viṣṇu forms and what they hold in each hand. Take an outline drawing of the human body, front and back and, in the appropriate places for each tilaka mark, write the name of the Deity and either a description or a draw a picture; Then, discuss how we meditate on the body as temple
2. List the qualities of solid objects such as a pillar and how those qualities remind us of Kṛṣṇa
3. ☪ Study how paper is made from trees—the process, effect on ecology, etc. Create an advertisement for the proper use of trees (see Śrīmad-Bhāgavatam 7.2.12 purport)

11-13 years:

1. ☪ Explain in your own words life according to Prahlaḍa's description of various stages in life. Compare and contrast with Shakespeare's "Seven Ages of Man."
2. ☪ Read the verse about how Hiranyakaśipu was always intoxicated; choose one form of intoxication to research; report on the findings with a research paper including a visual display
3. Keep track for one week of how you use paper of all kinds and rate how much is used for various purposes

14-18 years:

1. ☪ List in two columns or charts each stage of life according to Prahlaḍa, and each stage according to Shakespeare. For each, find one way in which that stage can be used for illusory materialism, and one way in which that same stage can be used for Kṛṣṇa's service
2. ☪ Read Nectar of Instruction, text 1 and then write an essay, poem, song, or skit about how one of the senses can be used for illusion and entanglement or for Kṛṣṇa's service and bhakti
3. ☪ Read the verse about how Hiranyakaśipu was always intoxicated; choose one form of intoxication that is common in the country in which you live; research the history, use, and effects of that intoxicant and create materials and/or a lesson to inform others of the danger and persuade them to take up spiritual life instead; present the materials (and lesson) to others