

Conversation Card 1

Bhūmi Sūktam

1. यत्ते मध्यं पृथिवि यच्च नभ्यं यास्त ऊर्जस्तन्वः संबभूवुः।
तासु नो धेह्यभि नः पवस्व माता भूमिः पुत्रो अहं पृथिव्याः।
पर्जन्यः पिता स उ नः पिपर्तु ॥

धरती माता को नमन! आपके केंद्र में, हे पृथ्वी माता, आपकी नाभि है, जिसमें से जीवन शक्ति निकलती है और फैलती है, हमें उस शक्ति में अवशोषित और शुद्ध करें, हे भूमि माता, मैं धरती माता का पुत्र हूं, परजन्य (वर्षा देव) मेरे पिता हैं, वह हमें (पानी में महत्वपूर्ण शक्ति के साथ) भर दे।

Salutations to Mother Earth! In your centre, O Mother Earth, is your navel from which the vital power emanates and spreads out. Absorb us in that power and purify us, O Bhoomi Mata, I am the son of Mother Earth; Parjanya (rain god) is my father, may he fill us (with the vital power in water).

2. त्वज्जातास्त्वयि चरन्ति मर्त्यास्त्वं बिभर्षि द्विपदस्त्वं चतुष्पदः।
तवेमे पृथिवि पञ्च मानवा येभ्यो ज्योतिरमृतं मर्त्येभ्य उद्यन्त्सूर्यो रश्मिभिरातनोति ॥

धरती माता को नमन! (पहला वे) जो आपके द्वारा निर्मित, (दूसरा) वे जो आप में घूम रहे हैं, (तीसरे) वे दो-पैर वाले और (चौथे) वे चार-पैर वाले; (सब) जिसे तुम नश्वर भूमि में धारण करते हो, पाँचवाँ मानव है, जिससे अमरता का प्रकाश (सम) मृत्युलोक से निकलता है, जिसे हे धरती माता, तुम उगते हुए सूर्य की किरणों से (अर्थात्) फैलाते हो। अमरता का सार आप में व्याप्त है।

Salutations to Mother Earth! (first those) produced by you, (second) those moving about in you, (third) those two-footed and (fourth) those four-footed ones; (all of) whom you bear in the land of mortality, fifth is the manava, from whom the light of immortality emanates (even) from the land of mortality, which O mother earth, you diffuse with the rays of the rising sun (i.e. the essence of immortality pervades in you).

Prompt Questions For Teachers

- I. **Seeing and Naming**
- What all can you see in this picture?
 - Can you name the living things you notice?
 - What colours do you see the most?
 - What is near the child?
 - What is far away from the child?
- II. **Feeling and Relating**
- How does this picture make you feel when you look at it?
 - Which part of the picture do you like looking at the most?
 - Does anything in the picture feel calm or gentle to you?
 - Is the boy happy or sad in the picture?
 - Is the beautiful lady happy or sad in the picture?
- III. **Cause and Effect**
- What is the child holding in his hands?

- What do you think the boy is doing in the picture?
- What do you think happens when seeds are placed in soil?
- What helps plants and animals live in this picture?
- What do you think would happen if there were no soil here?

IV. Self-World Connection

- Have you ever touched soil or seeds like this boy?
- Does anything in this picture feel familiar to you?
- Do you think we also live inside something like this world?
- What helps you grow, just like soil helps seeds?

V. From Images to Actions

- What small things in this picture can we notice around us every day?
 - Where do we see soil, plants, or living beings near our school or home?
 - What do you think helps living things feel safe and supported?
 - What is one thing you enjoy doing with nature?
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