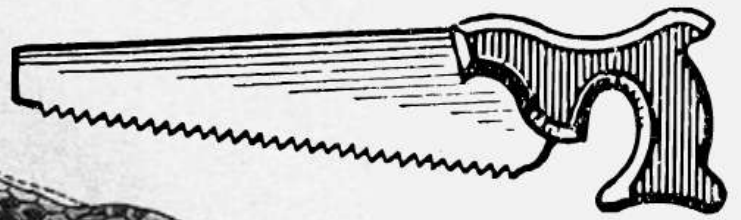
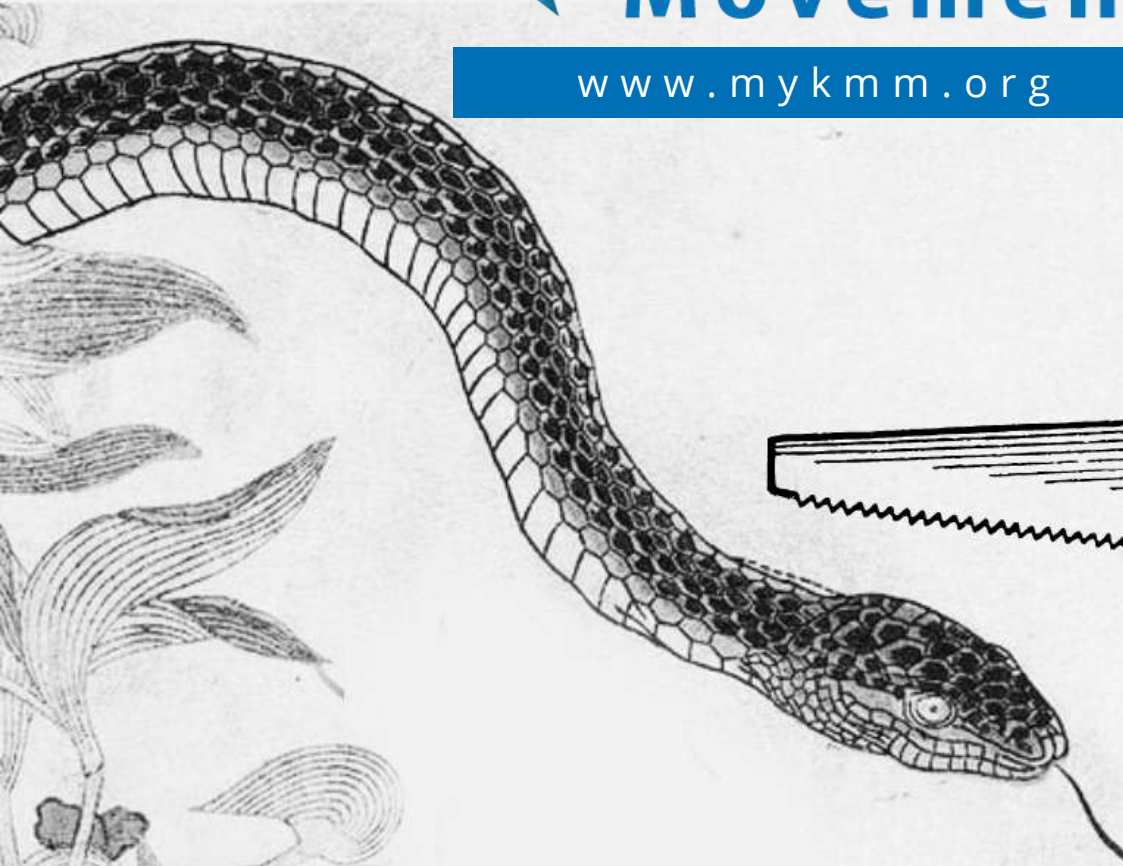




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Movement**

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SESSION 3

THE SNAKE AND THE SAW

THE STORY

In the dead of the night, searching for favorite dinner (rats), a snake entered into a carpenter's workshop. As it slithered, it passed over a saw and got slightly wounded. It got angry on the saw, turned and bit the saw. On biting the saw, the snake seriously got wounded in its mouth!

Not understanding what was happening, and thinking that the saw was attacking "him", it decided to roll around the saw to suffocate it by squeezing it with all its strength. It ended up being killed by the saw!!!



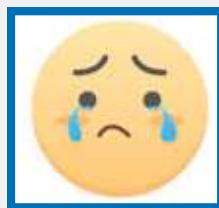
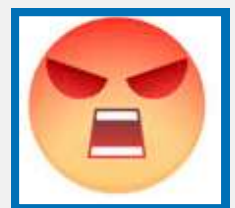


What is the lesson that you draw out of this story?

Sometimes we react in anger to hurt those who have harmed us, but we realize later that after all ***we are hurting ourselves.***

Do not let hurt or hate take over your life.

Does the snake represent the ego in us? And is the saw, the people whom we meet in life who have edges? The edge has served a purpose for them. **It is NOT against US.**



LAW OF NATURE

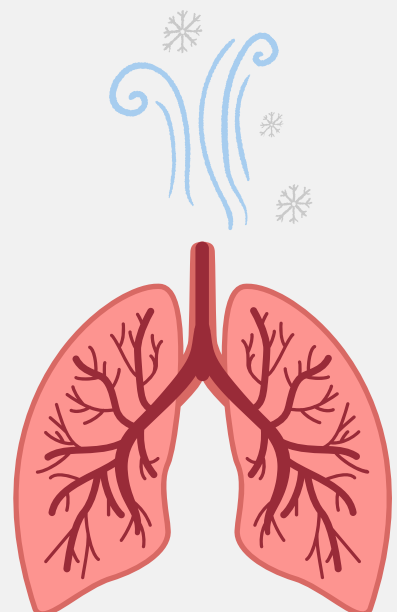
The food we eat, has to be digested. Then, the solid waste has to be released from the body within an approximate of 24 hours (normally), or else we will fall ill.



The water we drink, enters our body. To get rid of waste and extra water that it doesn't need, the body has to urinate in about 4 hours, or else we will fall ill.



The air we breathe, gets converted into CO_2 , which has to be thrown out in seconds, else we will die.



What about negative emotions like hurt, anger, jealousy, insecurity? We hold it in our minds for days, months and years.

If these negative emotions are not thrown out regularly it causes many harmful and life threatening diseases.



Q What should we do then?

Nature has given us a mechanism by which we successfully throw out the toxic solid, liquid and air that we intake.

We MUST teach ourselves to hold onto positive emotions and positive beliefs that helps us fight every negative thing that the world can throw at us.

Remember CRSE? Even for positive emotions and positive beliefs, we need to apply CRSE.



GAME TIME

Let's play a game that will help us do exactly that!

Here is a crossword puzzle that has many great attitudes and qualities hidden within. In life too, the good things are often hidden and takes effort to find.

What needs to be done?

1

Find out the hidden words that represent good thoughts or qualities. You have 5 minutes for the same.

2

Create a 8 line poem or a rap using at least 8 of those words and name your poem / rap. You have 10 mins for the same

3

Perform in the class (15 mins)

4

Send it to 77410 85000 in text or video form. You will get a chance to perform this in front of 1000s of people.



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R I A M T O P E H T A E R B Z C W O R K
B E L I E V E S N U H R B Q Z R B C H P
D L F A B N S Y X T E A C H X T I V S B
E B Q T G B V H J S A Y U I S P B R U G
V M T H I N K Z P X K P H E Y T P I C L
B U A U T Y C E G H Q J B U T E R B C M
R H B S V X C I D F B C L E C V O Z E X
G B V T K T O R S G R L D G S B G A E J
X E O L P R E U N B G Y E A C O R S D O
U R B E S A V I B X Y C T S R W E D M U
I Y U D M C D B R S N X U W S A S B I R
A G R G U A I V S E R B C K J E S P O N
Y I R S E A V C T X L J W I E N D R T E
B V G R U S T S W B M J E D S Q R U S Y
O E P A V C I N S P I R E I S B S V H A
M O S G H S B L H Q Y N Z Q L O F G I W
G D R S R T F C I M A G I N A T I O N E
A S G E I K U P R B D W Q B C H F P E T
S W P U X N E W V S A G P O W E R O Y W
O F S E W I N N E R F M R S U B X B A J

**6 positive archetypal characters sum
up many life stories.**

HERO

MAGICIAN

KING

WARRIOR

MARTYR

SAGE

**BRAIN
TATTOOS**

