

Namaste – a multi-sensory lesson

The session engages with the Hindu greeting “Namaste” with its symbolic meaning “*I bow to the God in you*”, and a text about God from the Bhagavad Gita 7: 8, 9 : “*I am the taste in the water. I am the radiance in the sun and the moon. I am the sound in space. I am the strength in humanity. I am the sweet fragrance of the earth. I am the brilliance in the fire. I am the life in all beings.*”

You may like to have incense burning, and possibly play Indian music as the lesson begins. Talk about different ways we greet each other, and learn the Namaskara greeting (but not yet the meaning). Explain we are going to look at what the Hindu scriptures tell us God is like. Using the chart below first share the line of the verse, then the experience, then discuss it an appropriate level:

<i>I am the taste in the water</i>	Drink some water	Reflect on the taste and importance of water
<i>I am the radiance in the sun and the moon</i>	On the smart board show some beautiful images of the sun and moon	Reflect how our lives on this planet depend on the sun and moon
<i>I am the sound in space</i>	Sit in absolute silence and listen to the sounds of the world around	If we really were totally silent, could we hear God?
<i>I am the strength in humanity</i>	There is physical strength and moral strength. The first can be demonstrated by getting someone to lift a heavy object. The second e.g. offering a pupil two sweets to see if they will share with a friend.	What is more important – strength of body or strength of character? Or can't you compare the two?
<i>I am the sweet fragrance of the earth</i>	Investigate some earth /compost – how does it feel and smell?	What happens in those areas of the world where the soil is poor?
<i>I am the brilliance in the fire</i>	Light a candle and contemplate the flame. Look at a photograph of a bonfire.	How do the flames make us feel? Why is fire so important?
<i>I am the life in all beings</i>	Look at photographs of people of all ages and ethnicities.	If God is in everyone, how does that mean we should behave towards other people when we meet them, or hear about their needs?

Learn the meaning of “Namaste” – that Hindus see God in everything, including other people, and that the Namaskara is a greeting of respect, recognising this.

Using all the information gathered – what can we say about how Hindus talk about God? You may like to set the challenge of writing one more line for the scripture verses so pupils can use imagery relevant to them.