**Last week (02/06/16) Lessons covered**

1. Om Chanting and the meaning/significance
2. Recap of last week's portions: 5 Elements and 5 daily yang's/sacrifices as per our scriptures
3. Good manners: Recap from last week discussion
4. Ramayana Characters: Names as found in the Ramayana Scrabble (Previous week's exercise/homework)
5. Story of Goswami Tulsidas and Story of Valmiki
6. Vaak Tapas: Discipline in Speech
7. Introduction of EGO/Ahankara
8. Conclusion with Om Chanting

**EXERCISE (Homework) Complete and bring a print out to the class on 02/13/16**

Unscramble the word to complete each sentence.

1. The first step in **VĀK-TAPAS** is being ETARL \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to one' s speech.

2. Being attentive to one's speech brings about an alertness in one's **HNIGNKIT**    \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process.

3. When one is alert to one's thinking process, one can bring about a healthy **GACHNE**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in oneself.

4. In the practice of **VĀK-TAPAS** one deliberately avoids **PSOGSI** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Of the three forms of discussion, **DVĀA** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ alone is fruitful.

6. **VĀK-TAPAS**is the practice of speech that is ULRUFTHT \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , kind and meaningful.