
Growing Your
Inner Banyan Tree
An Interactive Journey of Kindness, Wisdom,
and the Life of Pujya Swami Viditatmanandaji.

NotebookLM

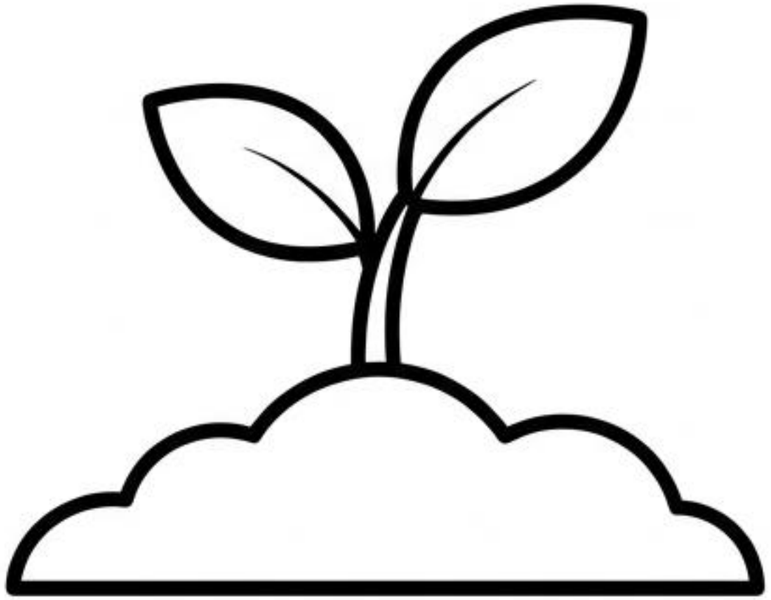
Every great saint, teacher, and leader started exactly where you are right now: as a child.



Pujya Swami Viditatmanandaji Saraswati (we will call him Swamiji) grew up to be like a giant Banyan tree, providing love and shelter to thousands of people. But his journey started with tiny seeds of good deeds.

Pledge

Grab your coloring pencils! Whenever you see black-and-white pictures, that space is just for you.



Color in the seedling below to begin your journey.

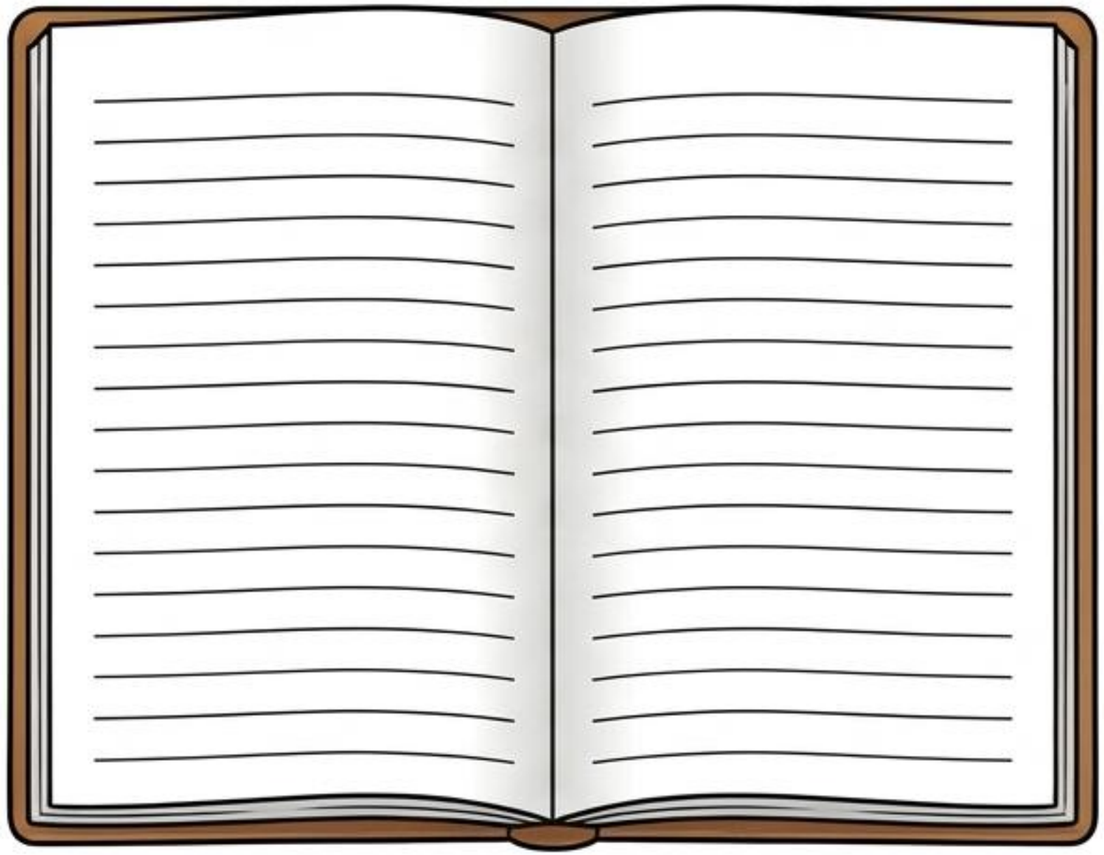


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Even when he was 12 years old, he empathized with his mother washing all the clothes. He would volunteer and help her out wring the clothes.



The power of Empathy



Dinesh had the power of empathy. Can you remember a time when you reached out to someone feeling his pain or difficulty? Note it down here

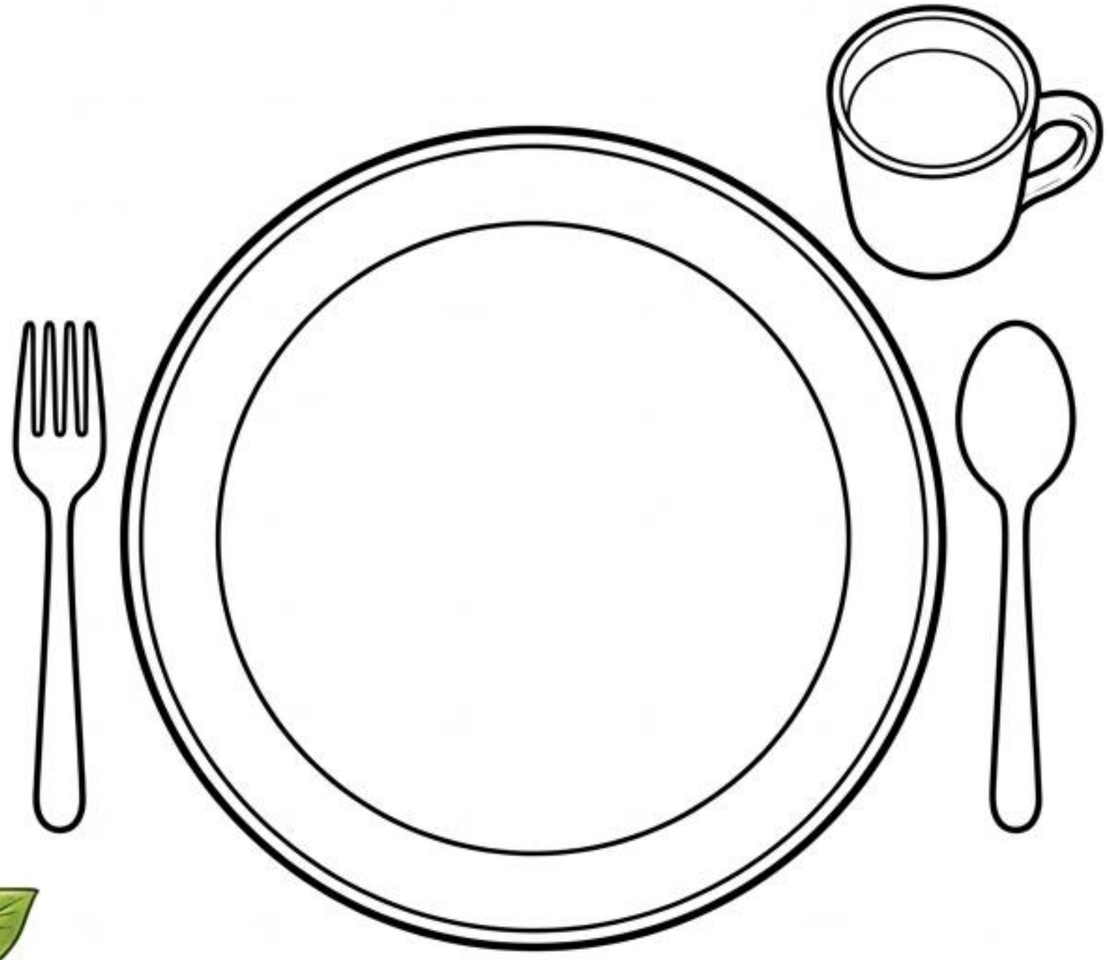
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As Dinesh grew up, he found joy in the simplest things. He never demanded special items or fancy furniture.



He would happily sit on the floor to eat his meals. He taught us that when we need less, we have more room for happiness.

Simplicity means being happy with what you have.



Draw your favorite, simple, healthy meal on the plate below, and color it in!

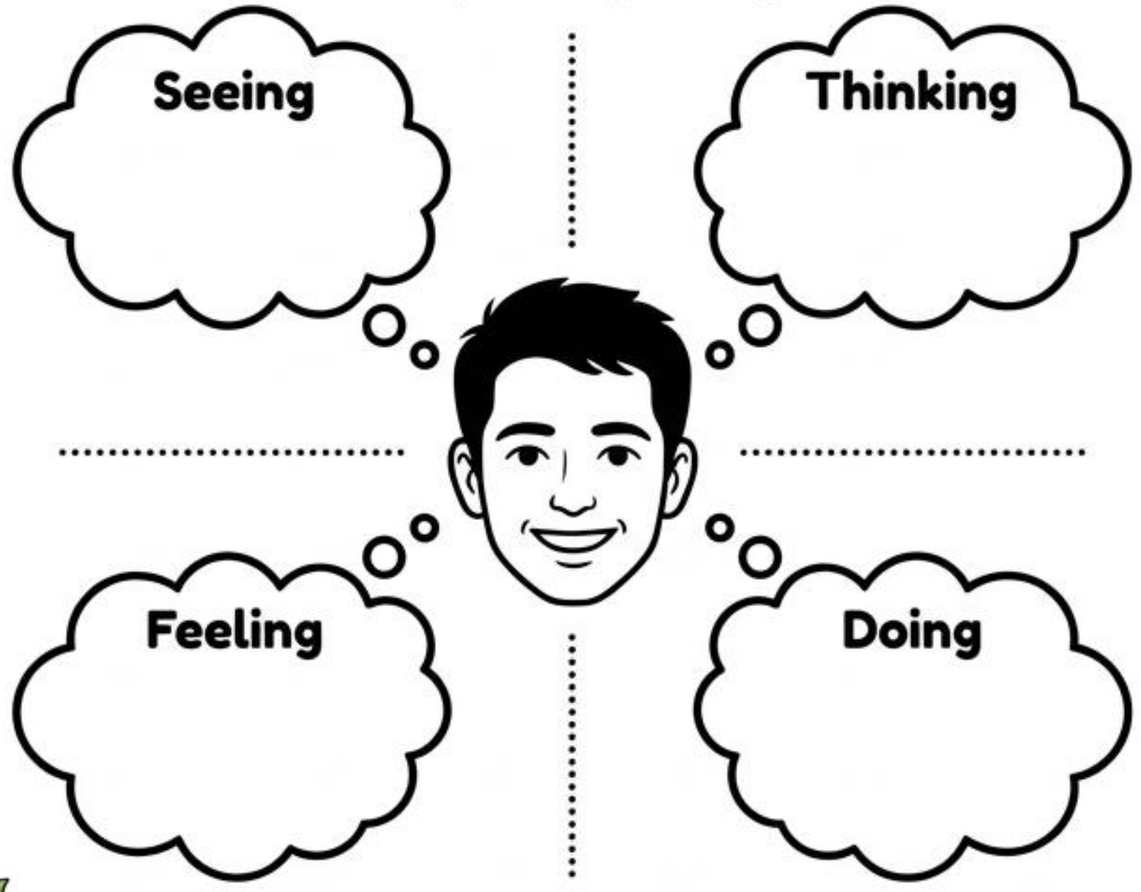
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While traveling to work, Dinesh would consistently give up his seat for elderly passengers.



He would stand for the whole ride, happy that someone else was comfortable.

Empathy Map

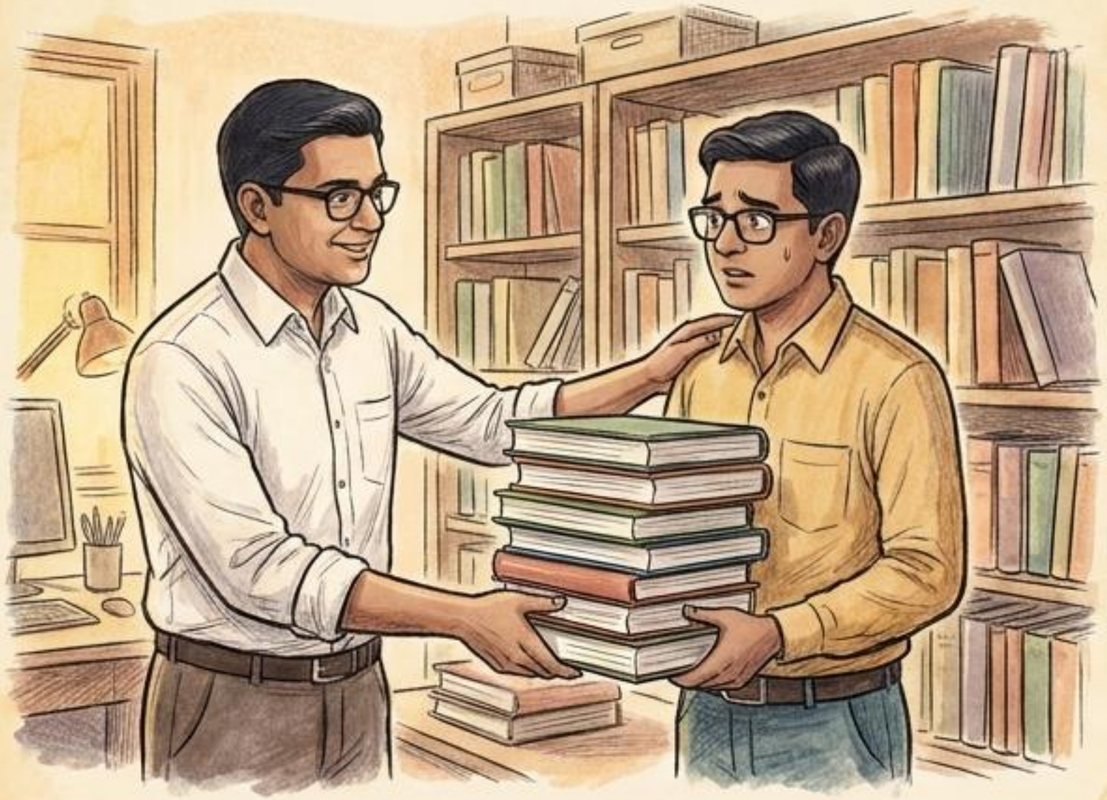


Put yourself in Dinesh's shoes! Fill in the blanks:

When Dinesh saw an older person standing, he felt _____, so he decided to _____.

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When Dinesh's brother was nervous about a big job interview, Dinesh didn't just wish him luck.



He spent his Friday buying books to help his brother study and get the job. This is called *Nishkam Bhav*—the art of selfless action.

The Swamiji Way

The Situation	What Swamiji Did	What I Will Do
Someone else needs a seat.	Stood up so they could sit.	_____
A brother is nervous for a test.	Bought books to help him study.	_____



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Swamiji went to a Gurukulam, called Sandeepany Sadhanalaya, a place to study ancient scriptures.



Here along with other students he spent an hour every day doing *Shramdaan* (selfless physical service). Many times this included sweeping the Ashram premises. Thus he set an example that no job is too small.









Helping Nature

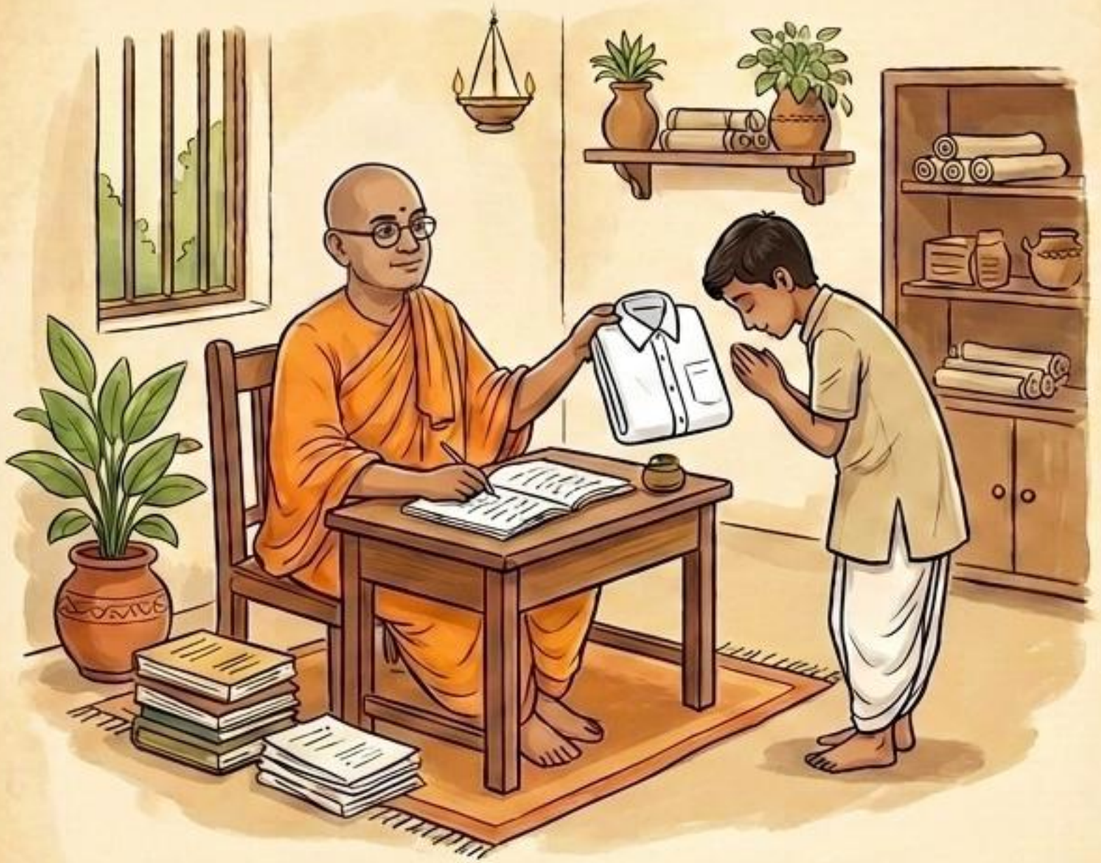
Seeking Knowledge

Humility

Draw a line to match the tool of service to the value it represents! Color in the tools when you are done.

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When Swamiji became a teacher, he was very strict about studying, but his heart was full of compassion.



If a student was struggling or didn't have enough warm clothes, Swamiji made sure they were taken care of.

Motherly love means noticing when someone needs help before they even ask

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Write down the name of a friend or family member, and one secret nice thing you can do for them today.

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Sankirtana during Yatra



During one of the Yatra in North India in 1988, Swamiji engaged the seekers doing Sankirtana singing bhajans and chanting different stotras singing the glory of Isvara.

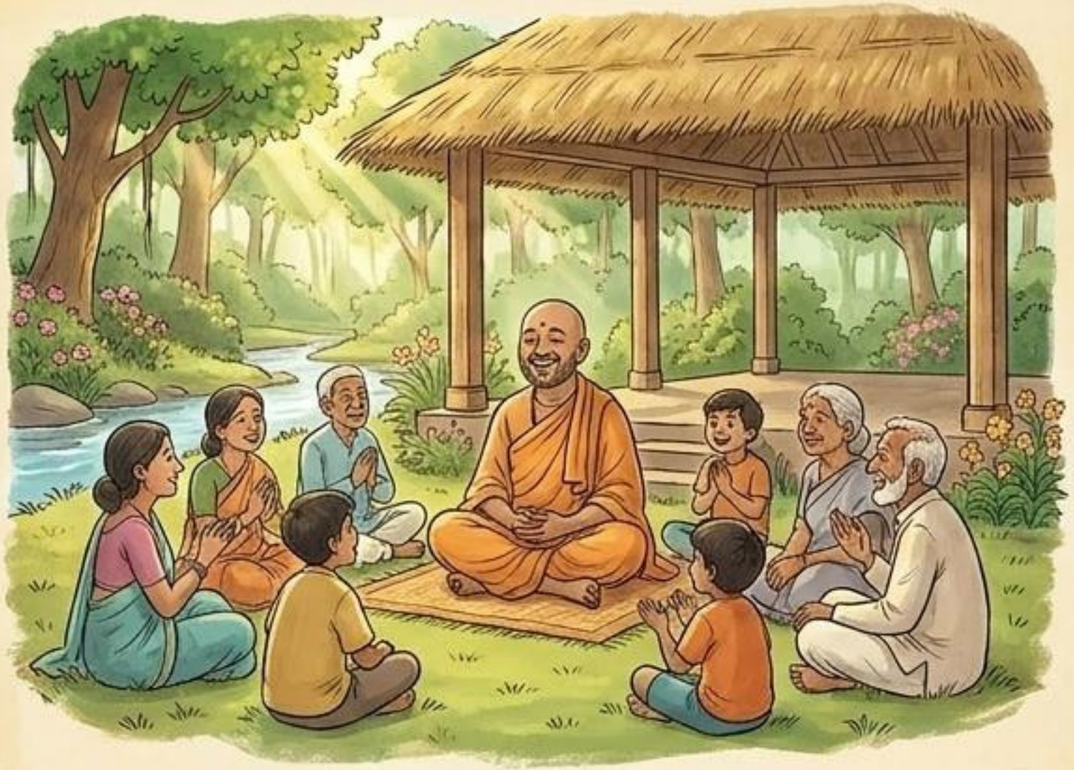




Draw a line connecting the heavy words to the heavy luggage cart, and the happy words to the light luggage cart! Color the train.

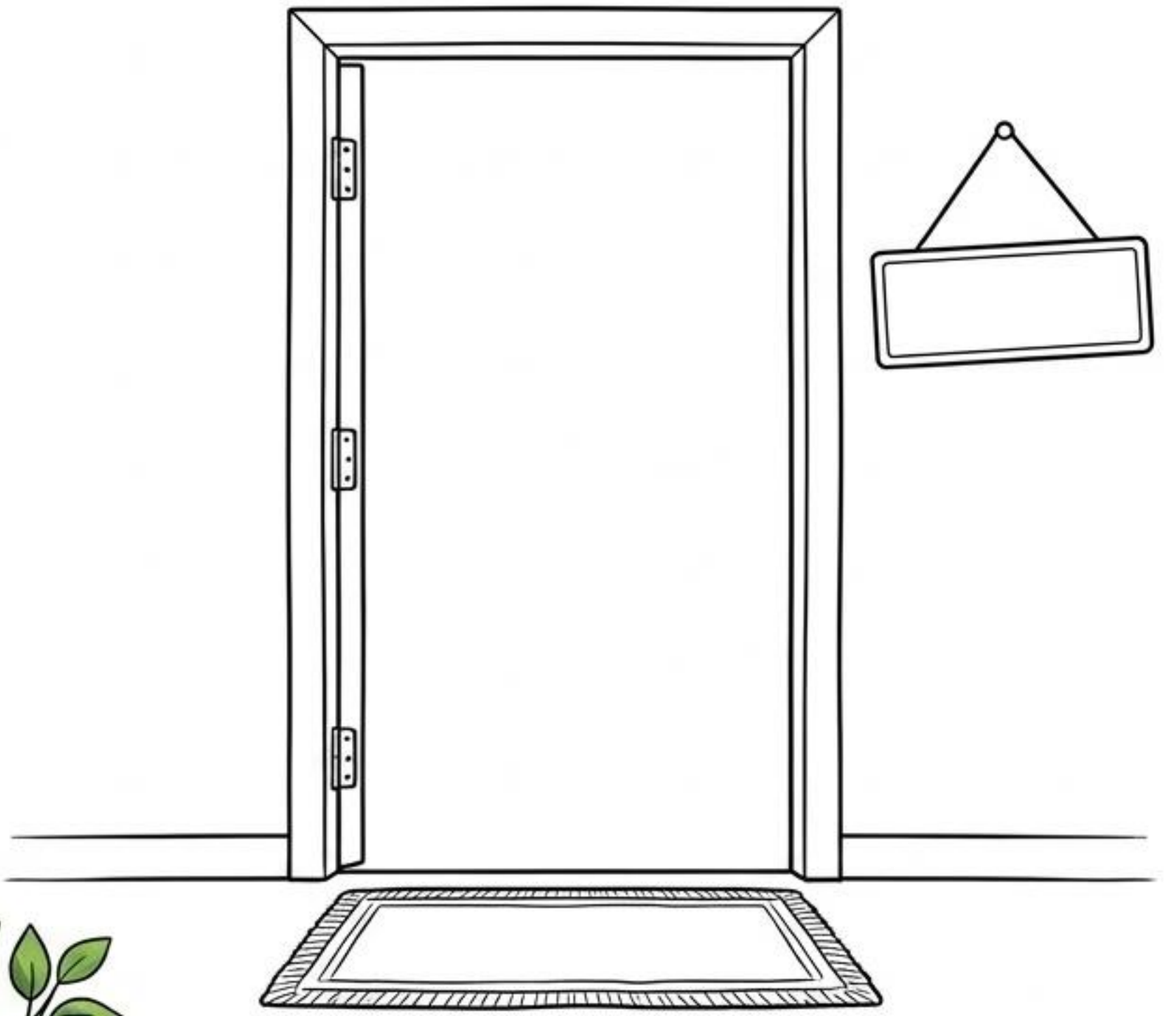
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People loved being near Swamiji because he was like an open-concept house with no walls.



Everyone was welcome. Nobody was ever excluded. He would even sit and watch cricket matches with his students, making everyone feel perfectly at home.

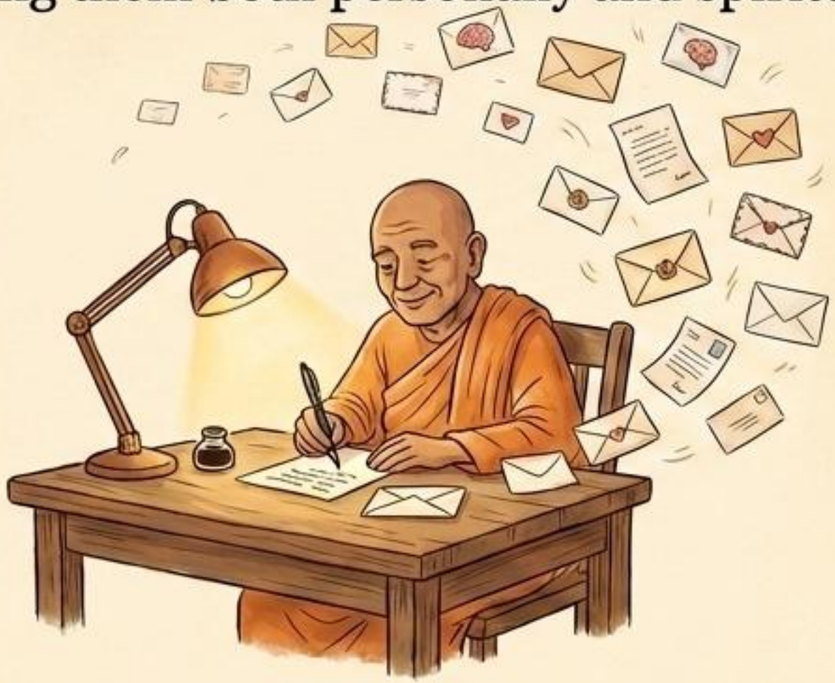
An open door means everyone is included.



Design your own Welcome sign to hang on this door. Who are you inviting inside?

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When Swamiji travelled to USA for few months, he would stay connected with the seekers in India, writing them letters, and guiding them both personally and spiritually.



He taught them to budget their time so they wouldn't stress, using his ink pen to send them comfort and strength from thousands of miles away.



Words have the power to heal!

Write a short, kind letter to someone who might be feeling sad or worried right now. Color the stamp.

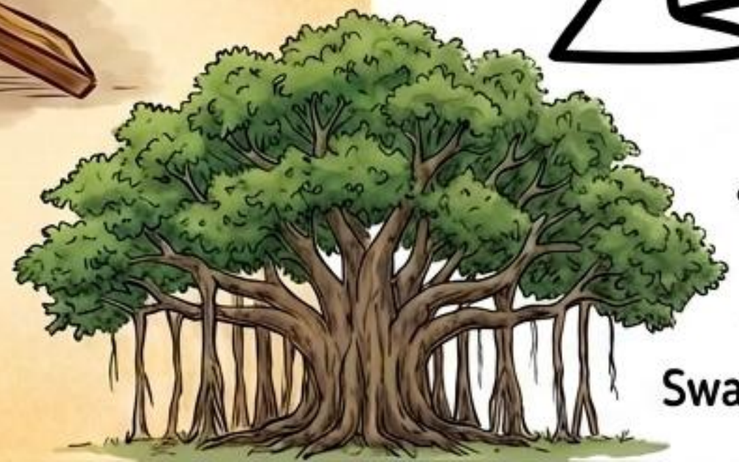
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Swamiji spent his life teaching the wisdom of the Bhagavad Gita, which contains 20 core human values.



For us, he summarized this ancient wisdom into **5 Golden Rules** for a happy life.

1. Ahimsa: Do not hurt others and always strive to help them.
2. Kshama: Forgive others, accomodate others.
3. Satyam: Always tell the truth.
4. Arjavam: Keep things simple.
5. Empathy: Notice how others feel.



Swamiji's 5 Golden Rules. Color the badges!

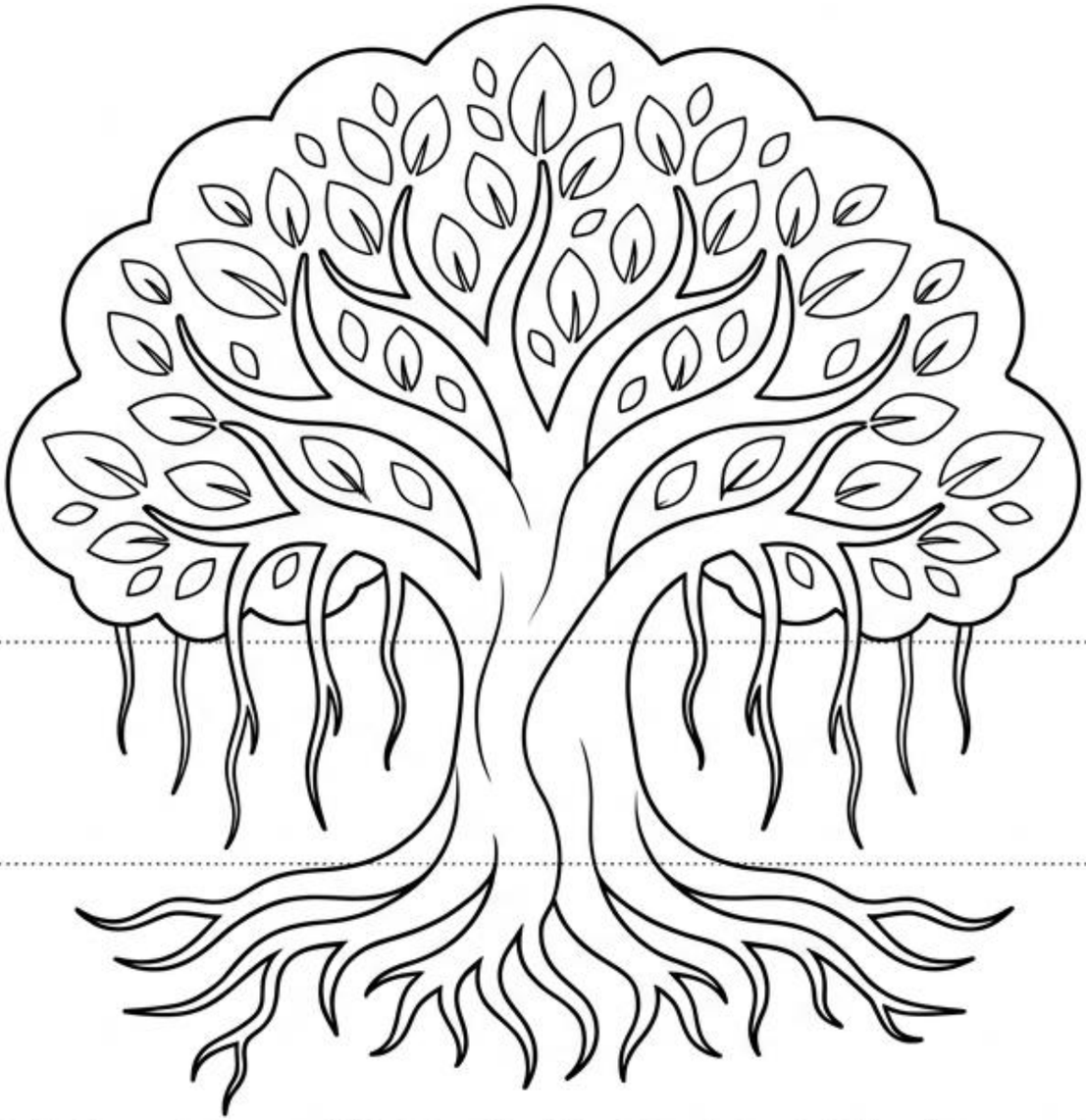
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All those small seeds—washing clothes, sharing a seat, sweeping floors, writing letters—grew into a magnificent life.



Swamiji became a great Banyan tree of wisdom, giving shelter, shade, and love to thousands of people around the world.

The Banyan Tree Map



Color the roots brown and label them Humility. Color the trunk thick and strong and label it Discipline. Color the branches green and label them Love. Finally, draw one new leaf at the very top and write your own name inside it. You are now part of the tree!

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