

# Lesson Objective

**By the end of this lesson you will:**

Be able to analyse spiritual teachers.

# Learning Toolkit



- I can discuss what spiritual teachers are.
- I can understand why there are criteria for recognising them and what they are.
- I can explain the main teachings of one of them and how it relates to me.

# Think, Pair, Share



- What are spiritual teachers or holy people?
- How can we recognise them?

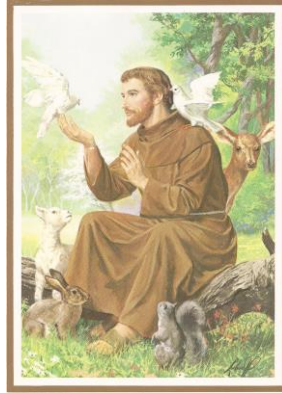
# How to recognise a genuine spiritual teacher

- Choosing and accepting a spiritual teacher is very important if we want to know more about God. **Can you think why?**
- But we have to know how to recognise a spiritual teacher.
- In this lesson we will consider how the Vedic scriptures can help us with this.

# 1. What they say and teach

- “Even a fool may be highly esteemed—until he speaks!” What does this mean?
- **“The self-realized souls who have seen the truth, will give you knowledge.”** Bhagavad Gita 4.34
- This means the teacher must have understood spiritual truths so that he/she can share these with us.

# A Spiritual Teacher will be able to:



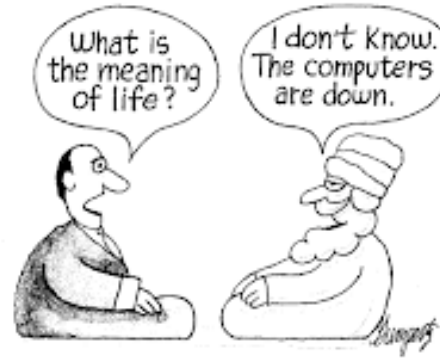
- Tell the difference between the living and non living,
- Tell the difference between the individual and God,
- Teach about loving devotion to God.

## 2. How they live



- He should **'Walk his talk.'** What does this mean?
- It means that his/her character and behaviour exemplify his/her teachings.
- What does the image here show?

### 3. Whether he's a student of a spiritual teacher too



- Generally the teacher is in a succession of spiritual teachers coming from God or a great saint.
- It is hard to know God on our own. To learn anything it helps to have a teacher. So spiritual teachers usually also have their own teachers.

# A Word of Caution



- If the spiritual teacher's aim is to help you gain things like money, fitness, fame etc. rather than self-realisation and love of God;
- If he says he's an incarnation of God;
- Or if he collects money from you for his own selfish reasons:

**Then there may be cause for concern, as he may not be genuine!**



# Activity



- Please create a poster about a spiritual teacher of your choice. Be creative!
- Remember the criteria

## Questions to consider when making the poster

- Write about an excerpt from his/her life that you found interesting.
- What are his/her main teachings?
- If possible include a quote.
- What can we learn from him/her?
- In what way did he/she contribute to society ( or what were their achievements)?

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