

# **Feedback from Grade 6 students of Loudonville Elementary School**

May 09

On the 15 minutes demo of 'counting breaths' at

Albany Hindu Temple

Following pages are their scanned comments on two huge 'Thank You' cards sent to me through their classmate. I am surprised at their quite and eager participation in these new practices, ready acceptance and smart application according to their needs. I am grateful to all the children and teachers for their wonderful gesture in taking so much of their time to put their views and experiences on paper, in a memorable way. I retain the original beautiful cards as cherished mementos.

Dear Mr  
Rao,

I am very  
calmer than  
I was before.  
Thank  
YOU!!!

Mr. Rao -

Thanks for being our  
meditation instructor. I  
will use those techniques.

-Justin L

Dear Mr. Rao

Thank you for teaching us.  
I'll meditate as often as  
I can  
-Sam

Dear Mr. Rao,

Thank you so much  
for teaching us how  
to meditate. It was  
great.

- Gili Rusak

Mr. Rao

Thankyou for showing  
us how to calm down  
or relax and show  
us more about  
Hinduism.

-Michael Benson

Mr. Rao,

Thanks for the  
help. Meditating is  
helpful for my anger.

-TY/L

Dear Mr. Rao,  
I loved the  
meditation it  
was very relaxing.

-Tam

Mr. Rao-  
The medatation  
works! It helps  
me get to sleep.  
When I woke up,  
I did it and my  
day has been awesome  
so far! Thanks!

Dear Mr. R,

I'm glad you were  
our meditation instructor.  
The meditation experience  
was ~~was~~ made me feel  
very calm.

-Sophia Kim

-Mikki

Dear Mr. Rao,  
Meditations were  
very soothing,  
when we were meditating  
~~meditations~~, I  
forgot that we  
ever left school.

Thank you for  
showing us how  
to meditate.

-Josh James

Thank you  
very much  
for teaching  
us how to  
meditate! It  
was awesome!  
-Ralph

Thank you so much  
for teaching us how  
to tune are selfs.  
I really appreciate  
you teaching us.

-Charlie  
Rende



Thank you for  
teaching me different  
ways to meditate.  
Thanks again!

~ Faith

Thank you so much  
for teaching me a new  
fun and relaxing way  
to calm my nerves or  
settle down on a stressful  
day. Thanks for taking time out  
of your day.  
- thanks alot,  
- Justin Ferrara

Thank you for teaching us  
about meditation. The  
breathing skills worked  
great! Thanks Deyan BR.

Thank you for  
teaching us meditation  
and breathing techniques  
for us to calm down.  
Thanks again for showing  
us these cool things

Thank you so  
much for taking your time  
to teach us about meditating!  
It taught me that meditating could  
calm you! You taught me a lot!  
- Nicky Coxa

Thank you  
Iman  
Ahmed

Thanks for the meditation  
techniques. They were really  
cool and interesting!

Thank you for teaching  
us the counting-breaths  
meditation. Ever since you taught  
it to us, I find it almost everywhere.  
I also feel a lot more relaxed because  
of it. Justin Ferrara

Thank you  
for teaching  
me how to meditate.  
I actually ~~tried~~ tried it  
at night and it worked.  
Instead of teasing and  
turning trying to get  
to sleep, I also tried  
it in the morning and  
that worked so my mom

was happy I  
actually got  
up early for once.  
Thanks. Anthony

I really loved  
how you taught  
us how to meditate.  
It was relaxing.  
Thank you!

~ Christina  
Kim

Thank you  
so much for the breath  
sensation at the  
breathing lessons  
and for giving  
us the paper  
to practice at  
home.

From  
Kere & Chipp

Mr. Rao-

Thank you so  
much for meditating  
with us. I had  
sooo much fun!  
Thanks again!

~ Caroline  
Atkey

Thanks for teaching me how  
to meditate. It was a lot  
of fun. It was one of my favorite  
things we did. I tried it last  
night and it worked! Thanks Again  
Caroline Stoto

Mr. Rao,  
I loved the meditations!  
Thank you for teaching us  
how to meditate. You were  
a great teacher and I can't  
wait to use the things you  
taught us!  
~ Kathleen M. Stito

Dear Mr. R,  
Thank you so much  
for those tips on how  
to tune your body. I  
did it last night and  
it helped get to sleep.  
You are a really cool  
person.  
~ Alex DuMont

Dear Mr. R  
Thank you so much for giving  
us the tips on meditation.  
I will definitely use those  
in the future

-Tanner

Mr. Rao  
Your meditations  
made my feel  
incredible all my  
stress went away.  
It was very  
kind to take time  
out of your day.  
Your great

- Michael Alley

Mr. Rao -  
Thank you so  
much for teaching  
us how to meditate!  
Now, I get to sleep  
much faster and more  
peacefully. Thanks a lot!

~ Erin

Thanks so much  
for teaching me  
how to meditate  
and the breathing  
techniques. I use  
the techniques every  
time I can.

Thanks,  
Brennan Jelstrom

The meditating  
was so so so  
awesome. Now  
I know how  
to relax, in  
right way

~Stephanie  
Osc

Thanks Mr. Rao for  
teaching us these  
amazing techniques. They  
really work well! I use  
these techniques every night  
before bed. Thank You!

- Alex Gimmino

I thank you for  
teaching us how to  
relax the mind through  
meditation. WOO HOO!

~ Jimmy

Thank you for putting  
all this stuff together  
for us. I would  
like to meditate more  
often. - Moe

Thank you for  
being patient and  
letting us watch  
you


- Ashley Gujer

Thank you so much for  
teaching us so much on  
your own time. I love and use  
the techniques you taught  
whenever I need to focus or  
calm down. You helped us so  
much in showing us these  
amazing things.

Thanks again,  
Anum Hussain

Thanks for teaching us  
meditation it was really  
cool. When I got out of  
bed this morning sat down  
on the floor and meditated  
it made me feel wide  
awake

Thank you so  
much,

Don 

Thank you  
for teaching me  
a really cool way  
to calm down  
-Allison

Thank you for teaching  
me the breathing techniques. I  
have been having trouble falling  
asleep lately. It helped a lot.

Dear Mr. Rao,  
Thank you for  
teaching us meditation.  
It was an awesome experience.

Thank you! I loved it! I use the  
techniques you taught me when I need to focus  
or calm down. Thanks!  
Suhna Srivastava

Dear Mr. Rao,  
Thank you for  
teaching us how to  
meditate. It really  
works!

- Joie Hoto

Dear Mr. Rao  
Thanks so much  
for teaching us to  
meditate. I was  
very grateful and  
it works. Thank - Billy

Dear Mr. Rao

Thanks for teaching  
me about meditation.  
I can use it if I get upset.

From  
Sean

Mr. Rao,

Thanks for teaching  
us part of meditating. Most  
people in my class said it  
calms them down.

- Arnole Santos  
Arnole Santos

Dear Mr. Rao -  
Thanks for teaching  
us to look at someone  
when they're talking  
and especially, the  
meditating! It was so  
much fun! You rock!  
-Kristen C.