

# mindfulness and yoUU

## UUCM RE Curriculum 2019-20

### Unit 1: Focusing on Patterns, Shapes, & the UU 7<sup>th</sup> Principle

Respect for the interdependent web of all existence of which we are a part  
*We believe in caring for our planet Earth and every living thing that shares it with us.*

#### Today's Topics:

What is mindfulness? Why is it useful to practice? How does it connect to Unitarian Universalism?

#### Today's Activities:

Balancing work from Martha Dallas (UU DRE from New England)

Creating/using tools for calming and focusing—making a mesmerizing jar



#### To Practice at Home

- Use the mesmerizing jar that you made to help you calm and focus when you feel you need it—just shake, set it down on a stable surface, watch as the items float and then settle to the bottom, and breathe. Repeat as necessary until you feel at ease and at peace.
- Think about the balancing activity we did—remember the skills you needed for balancing things and also staying close to others, keeping a connection to our interdependent web. Practice being calm and alert when you're trying a challenge and trying to stay close to others.
- Speak mindfully! Try asking yourself before you speak:
  - Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

#### Today's Media:

"What is Mindfulness? An Animated Explanation" video  
<https://vimeo.com/218666014>



"Why Mindfulness Is a Superpower: An Animation" video  
<https://youtu.be/w6T02g5hnT4>



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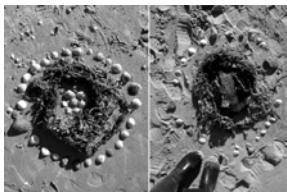
#### Today's Topics:

- Learning about mandalas as a meditative practice
- Creating/using mandalas for calming and focusing

#### Today's Activities:

Coloring mandalas • Making natural mandalas from found objects

<https://www.playfullearning.net/resource/making-mandala-art-with-kids/>



#### Today's Media:

Tibetan Sand Mandala video  
[https://youtu.be/ga5s\\_qYgJS8](https://youtu.be/ga5s_qYgJS8)



“What is a mandala?” video  
<https://youtu.be/3j4a5ijDazE>  
(to 2:28)



#### To Practice at Home

- UUs understand that we're all connected—we're all part of a web of life. As you go through your days, look for those webs, those examples of connections—how many do you see when you're inside and when you're outside? Look at how leaves are connected to branches, and how plant stems are connected to the ground. Look for spiderwebs! Look at the way your clothes are woven, strands of thread connected to make a whole.
- Mandalas use patterns to focus our attention and awareness. Look for patterns in your world and trace their shapes in your mind or with your fingers. Think about each little part as well as the whole object. Breathe.
- Speak mindfully! Try asking yourself before you speak: Is this true? Is this kind? Is this helpful right now?
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*We believe in caring for our planet Earth and every living thing that shares it with us.*

#### Today's Topics:

Thinking about patterns in nature • Focusing on patterning as a mindfulness practice

#### Today's Activities:

Creating dot mandalas on stones with Sandra Albornoz



#### To Practice at Home

- **How do patterns in nature connect to mindfulness?**
  - All of nature contains examples of diverse connections that make up a coherent whole. In some spiritual traditions, people observe and reflect on these connections to help understand their relationship to others in the universe. And every observation and reflection is based in a mindful practice of focusing attention to the present, which allows you to notice more about the world around you.
- **How does focusing and noticing connect to Unitarian Universalism?**
  - The Unitarian Universalist search for truth, meaning, and connection through beloved community depends on careful attention of oneself and others around you. Being able to focus on the present takes practice, and it gives you the skills to notice what is around you, and importantly, what is needed at any given moment.
- Speak mindfully! Try asking yourself before you speak: Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

#### Today's Media:

“Mathematics in Nature” video  
<https://youtu.be/Ig9RUaJe00c>



“Rock Painting 101” website  
<https://rockpainting101.com/dot-mandala-beginner-tutorial/>



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## UUCM RE Curriculum 2019-20

### Unit 2: Sitting Meditation and the UU 3rd Principle

Acceptance of one another and encouragement to spiritual growth in our congregations  
*In our congregations, all people are accepted and we learn together.*

#### Today's Topics:

Guided Meditation and Metta  
Meditation for calming and  
focusing

#### Today's Activities:

“Among the Trees” and  
“Empathy” guided, metta  
meditations



#### To Practice at Home

- **Meditation & UU:** When Unitarian Universalists support each other—and all others—on their spiritual journeys, they try to do so without judging, which can keep us from connecting and being more caring and kind. Meditation can help us find the space of non-judgement, a space where we can understand where another person is coming from in their search for truth, meaning, and community, and can act toward them with more compassion.
- Speak mindfully! Try asking yourself before you speak: Is this true? Is this kind? Is this helpful right now?
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#### Online Meditation:

“Meditation for Kids” by  
Headspace.com website  
<https://www.headspace.com/meditation/kids>



“Kid-friendly Guided  
Meditations” website  
<https://chopra.com/articles/3-kid-friendly-meditations-your-children-will-love>



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### Unit 2: Sitting Meditation and the UU 3rd Principle

Acceptance of one another and encouragement to spiritual growth in our congregations  
*In our congregations, all people are accepted and we learn together.*

**Today's Topics:**  
How to practice sitting meditation, following your breath, observing a candle, etc.

**Today's Activities:**  
Red Light, Green Light game; sitting meditation



**Online Meditation:**  
"4 Ways to Start Kids Meditating website  
<https://www.mindbodygreen.com/0-1631/Meditation-for-Kids-4-Ways-to-Start-Kids-Meditating.html>



#### To Practice at Home

- Remember that sitting meditation encourages you to accept yourself as you are—if sitting quietly and focusing on your breath feels hard and like you’re not doing it right, that’s okay! You’re doing fine, even if you can only take one mindful breath. Take that breath and hug yourself—you did very well! And when you feel ready, try to take two mindful breaths...then three, and on and on. You can do it!
- Speak mindfully! Try asking yourself before you speak:
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## UUCM RE Curriculum 2019-20

### Unit 3: Mindful Eating I and the UU 2nd Principle

Justice, equity, and compassion in human relations  
*We believe all people should be treated fairly.*

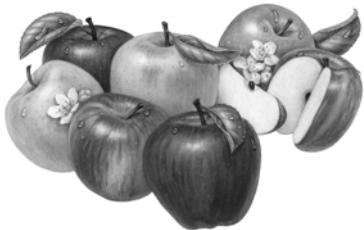
#### Today's Topics:

Learning to practice calm and focused attention while we eat

#### Today's Activities:

Reading: "How to Eat an Apple" by Thich Nhat Hanh and Lilian Cheung

Practice: Mindful Eating



#### Today's Media:

"Mindful Eating" article by Betsy Hill Williams, from UU&Me archive  
<https://www.questformeaning.org/oldsite/clf.uua.org/ume/0607/choices1.html>



*"How long do you think you could spend eating just one orange?"*

#### To Practice at Home

- Consider as you slow down and pay attention to what you're eating this week:

"Thich Nhat Hanh, a well-known teacher of Zen Buddhism, says that food shows us our connection with the earth. A piece of fruit can be like a window. If you look through it with your imagination, you can see the tree it grew on, its blossoms blowing in the breeze, its roots spreading deep in the soil; you can feel the sunlight and rain nourishing it; you can see the farmers tending the soil and picking the fruit. This fruit is no longer just feeding your body—it is also feeding your mind and your spirit as you "see" how all things—fruit, tree, roots, soil, rain, sunlight, the farmer, and you—are connected."

- Speak mindfully! Try asking yourself before you speak:
  - Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

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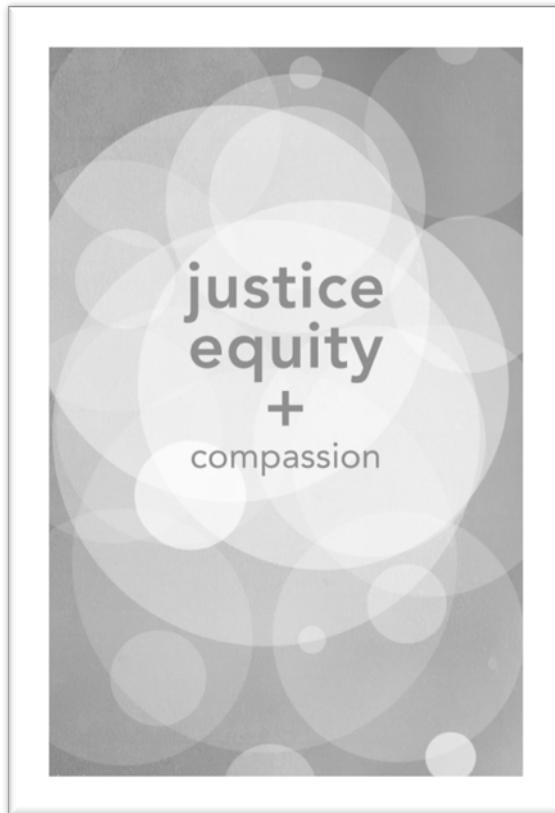
## UUCM RE Curriculum 2019-20

### Unit 3: Mindful Eating I and the UU 2nd Principle

Justice, equity, and compassion in human relations  
*We believe all people should be treated fairly.*

**Today's Topics:**  
Thinking about the complexity of food production...Practicing gratitude for our food and all who affect it... Learning to practice calm and focused attention while we eat

**Today's Activities:**  
Readings: "A Tale of Two Heads of Lettuce" & "How Buddhists Give Thanks at Meals"  
Activities: "Tracking the Journey of Food" & "Mindful Eating"



**Today's Media:**  
"The Metta of Meals" article by Lulu Cook  
<https://www.buddhistdoor.net/features/the-metta-of-meals>



*"At a time when many of us relate to food with fear—fear of contamination (ranging from genetically modified organisms to pesticides), weight gain, not being able to trust ourselves to make healthy choices—we may benefit from resurrecting the Buddha's antidote and applying it to feeding ourselves."*

#### To Practice at Home

- Consider as you slow down and pay attention to what you're eating this week:

"Thich Nhat Hanh, a well-known teacher of Zen Buddhism, says that food shows us our connection with the earth. A piece of fruit can be like a window. If you look through it with your imagination, you can see the tree it grew on, its blossoms blowing in the breeze, its roots spreading deep in the soil; you can feel the sunlight and rain nourishing it; you can see the farmers tending the soil and picking the fruit. This fruit is no longer just feeding your body—it is also feeding your mind and your spirit as you "see" how all things—fruit, tree, roots, soil, rain, sunlight, the farmer, and you—are connected."

- Speak mindfully! Try asking yourself before you speak:
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# UU mindfulness and yoU UUCM RE Curriculum 2019-20

## Unit 4: Music Meditation and UU 6<sup>th</sup> Principle

The goal of world community with peace, liberty, and justice for all  
*We believe in working for a peaceful, fair, and free world.*

### Today's Topics:

Calming through sound:  
music meditation with nada  
yoga and sitar

### Today's Activities:

Stephan Mikés with Sitar  
Meditation  
[http://www.stephanmikes.com/  
biography/](http://www.stephanmikes.com/biography/)



### Today's Media:

"What is Nada Yoga?" by  
Stephan Mikés (video)  
<https://youtu.be/SWzMQ8Ag5RM>



"Anoushka Shankar plays  
'Pancham Se Gara'" (video)  
<https://youtu.be/8CnhcGpmH9Y>



### To Practice at Home

- **Listen to music from around the globe:** The UU Sixth Principle promotes "The goal of world community with peace, liberty, and justice for all," or in other words, the idea that "We believe in working for a peaceful, fair, and free world." One of the easiest ways of working toward that goal of worldwide connection is through a shared love of music. And it is through the sharing of music that we can find and express peace, love, freedom, and equality.
- **Let sound bring you calm:** "Nada yoga, meaning 'union through sound,' is a yoga of sound. It is an ancient Indian system and science of inner transformation through sound and tone. Nada yoga is based on the premise that the entire cosmos and everything in it (including humans) consist of sound vibrations, or *nadas*" (from [Yogapedia.com](http://Yogapedia.com)). The mindfulness practice of Nada yoga uses attention to sound and breath as a way to calm the mind and body.
- **Speak mindfully!** Try asking yourself before you speak: Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

# mindfulness and yoUU

## UUCM RE Curriculum 2019-20

### Unit 5: Yoga and UU 3rd Principle

Acceptance of one another and encouragement to spiritual growth in our congregations

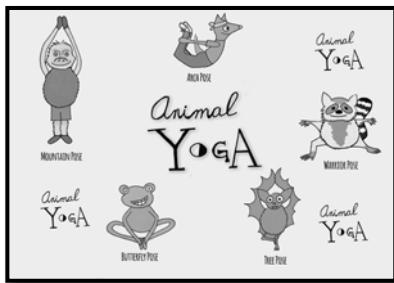
*In our congregations, all people are accepted and we learn together.*

#### Today's Topics:

Focused movement:  
mindfulness through the  
practice of yoga

#### Today's Activities:

Yoga with Luz from UU  
Miami



#### Today's Media:

"4 Breathing Exercises to Help  
Kids (and Adults) Manage Their  
Emotions"  
(<https://www.yogajournal.com/meditation/breathing-exercises-help-kids-manage-emotions>)



"The Bendy Blog" at  
YogaKids.com  
(<https://yogakids.com/bendy-blog/>)



#### To Practice at Home

- **Yoga with Luz at UU Miami!** Gentle, Hatha, & Prana Yoga plus brief Meditations with our in-house Yoga Instructor, Luz
  - Luz has been a yoga instructor for 7 years & specializes in yoga for children & families.
  - Mon. (10-11 a.m.), Wed., Sat. (10-11:30 a.m.)
  - Class fees:
    - Mondays: Drop-in \$12; more than 2 classes paid in advance \$10 each
    - Wed/Sat : Drop- in \$15; more than 2 classes paid in advance \$12 each
- **Yoga for Youth** video from the Niroga Institute  
([https://www.youtube.com/watch?v=nEUdh\\_3q9OU&feature=emb\\_title](https://www.youtube.com/watch?v=nEUdh_3q9OU&feature=emb_title))
- **Speak mindfully!** Try asking yourself before you speak: Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

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## UUCM RE Curriculum 2019-20

### Unit 6: Walking Meditation & Labyrinths and UU 4th Principle

A free and responsible search for truth and meaning

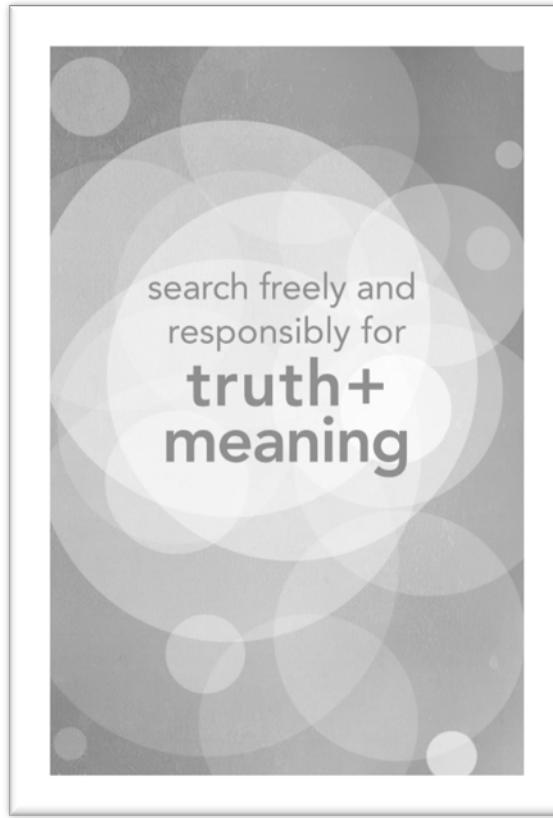
*We believe each person is free to search for what is true and right in life.*

#### Today's Topics:

Learning about walking meditation and labyrinths

#### Today's Activities:

Practicing walking meditation and mindfully walking on a labyrinth



#### Today's Media:

"Finding Meaning, not Minotaurs: A Beginner's Guide to Labyrinths" by Eliza Pillsbury, TEDxKids@SMU  
<https://youtu.be/etutPYM77so>



#### To Practice at Home

- How can you use walking meditation to help calm and focus, especially when you are feeling worried, sad, or angry?
- Speak mindfully! Try asking yourself before you speak: Is this true? Is this kind? Is this helpful right now?
- **Upcoming at UUCM: Imbolc @ The Labyrinth February 1, 2020 at 6-8 p.m.**
  - Is it Imbolc? Is it Candlemas? Is it Groundhog Day? Whatever you may be celebrating around this time of year, you're welcome to join us to walk our Labyrinth in private meditation, after which we'll meet in the heart of the Labyrinth for drumming, poetry, and sharing. Come learn a little about the ancient histories of the different celebrations that have taken place between January 31 and February 2.  
Bring a cushion (or camp chair), and water, and be sure to wear sturdy shoes. Park by the Religious Exploration building (east side lot) and walk toward the lights of the Labyrinth.
- Note on image: The above is called a "Man-In-The-Maze" labyrinth and is from the Tohono O'Odham nation, a Native American tribe whose land is now part of the state of Arizona

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A free and responsible search for truth and meaning

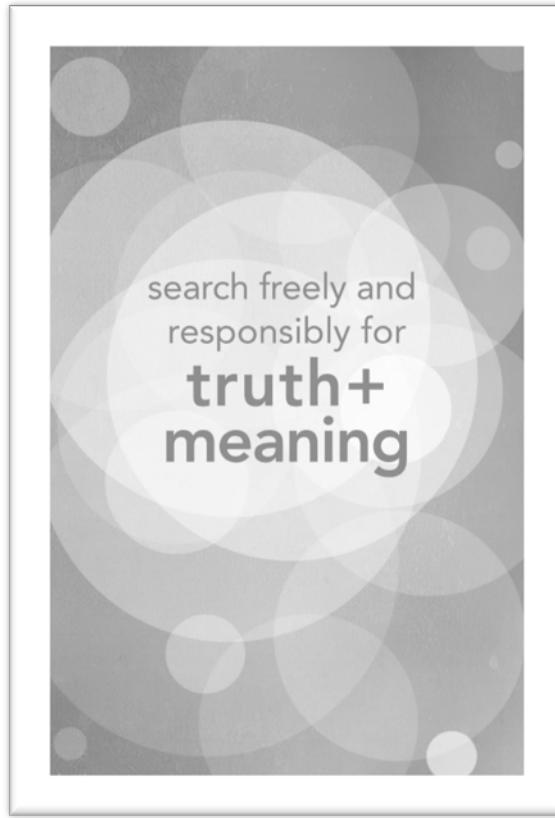
*We believe each person is free to search for what is true and right in life.*

#### Today's Topics:

Learning about the UU 4<sup>th</sup> principle and how it connects to mindful walking

#### Today's Activities:

Practicing mindful walking on a labyrinth



#### Today's Media:

"What is a meditation labyrinth?" video

<https://youtu.be/L45MUHmvphA>



#### To Practice at Home

- How can you use walking meditation to help calm and focus, especially when you are feeling worried, sad, or angry?
- Speak mindfully! Try asking yourself before you speak:
  - Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

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### Unit 6: Walking Meditation & Labyrinths and UU 4th Principle

A free and responsible search for truth and meaning

*We believe each person is free to search for what is true and right in life.*

#### Today's Topics:

Learning about how to construct a labyrinth

#### Today's Activities:

Constructing a labyrinth



#### Today's Media:

How To Draw a Simple Three Path Labyrinth  
Just Follow the Steps!

1. STEP ONE Draw A Cross With Four Dots
2. STEP TWO Connect Top With First Right Dot
3. STEP THREE Continue As In Picture
4. STEP FOUR Continue As In Picture
5. STEP FIVE Continue As In Picture Great! Bravo! Magnificent!

© Peaceful Endeavours

#### To Practice at Home

- How can you create your own labyrinth, either out of found materials or by drawing a simple spiral?
- Speak mindfully! Try asking yourself before you speak:
  - Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

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## UUCM RE Curriculum 2019-20

### Unit 7: Music Meditation and UU 1st Principle

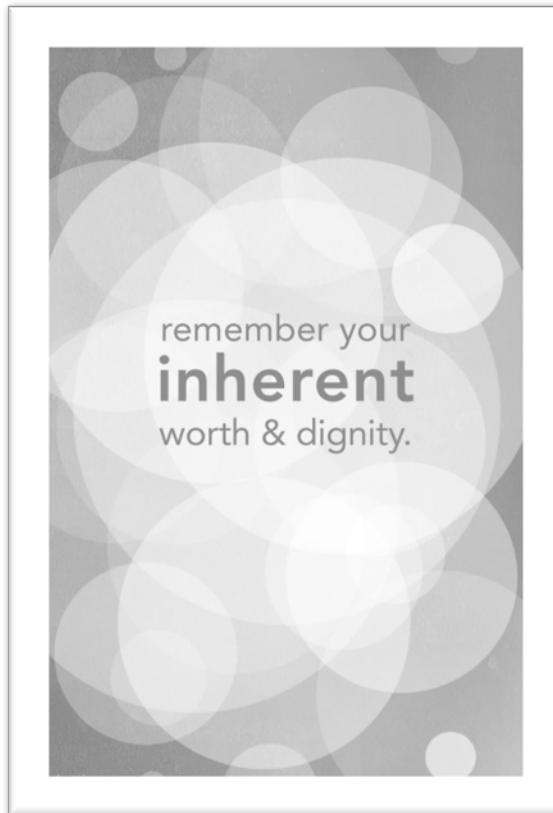
The inherent worth and dignity of every person  
We believe each and every person is important.

#### Today's Topics:

Learning about the UU 1st principle and how it connects to drumming and mindfulness; learning about drum circles

#### Today's Activities:

Learning about drumming and drum circles with Martha Kirby Capo



#### Today's Media:

"Mindfulness with rhythm and relaxation" video  
<https://youtu.be/-c2RJht0C6A>



"Drumming for Meditation with Christine Stevens and Marla Leigh Goldstein"  
<https://youtu.be/HBrczhjn2kA>



#### To Practice at Home

- "The Great Spirit loved the drum so much, he gave everyone a heartbeat." – philosophy from Elders of the Navajo Tribe, found on Upbeat Drum Circles website ([www.ubdrumcircles.com](http://www.ubdrumcircles.com))
  - We all carry a drumming beat in our hearts. When you are feeling worried or stressed, try placing your hand on your chest, over your heart, and concentrate on the rhythm. Don't judge it or try to change, just breathe and notice your heartbeat.
- Speak mindfully! Try asking yourself before you speak:
  - Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?

# mindfulness and yoUU

## UUCM RE Curriculum 2019-20

### Unit 7: Music Meditation and UU 1st Principle

The inherent worth and dignity of every person  
We believe each and every person is important.

#### Today's Topics:

Mindfulness through listening to internal body sounds and sounds of the environment

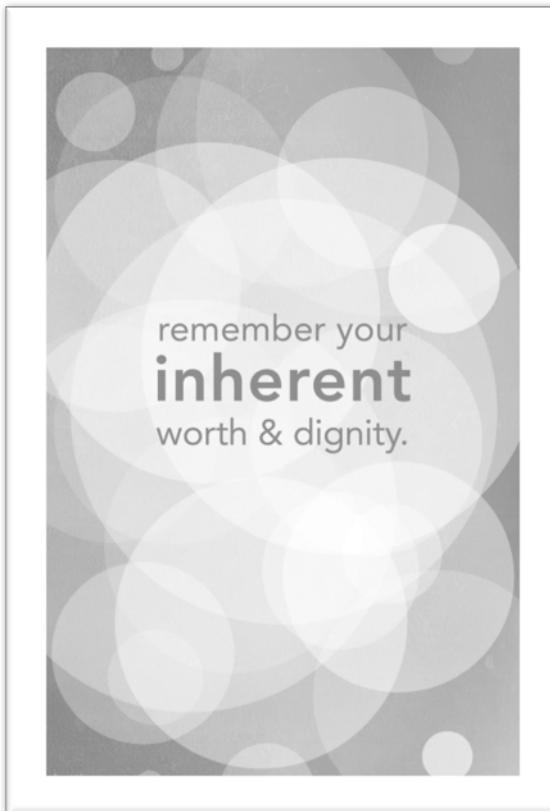
#### Today's Activities:

Listening exercises with stethoscopes, the wholeness of sounds, and sounds of the environment



#### To Practice at Home

- Focus on inner sounds and outer sounds: we're surrounded at all times by rhythmic sounds that if we pay attention, can help us calm and focus when we're feeling too stressed, angered, worried, or sad. Use your stethoscope to listen to the quiet rhythms of your body in order to practice mindfulness. Notice the sounds all around you—birds, air conditioning, cars, wind—and use quiet focus on their qualities to practice mindfulness, too.
- Speak mindfully! Try asking yourself before you speak:
  - Is this true? Is this kind? Is this helpful right now?
- How will you practice mindfulness and interconnection in the upcoming week?



#### Today's Media:

Mindfulness of Sound video  
<https://youtu.be/084PlsAnCql>



Mindful Listening: Practicing Meditation on Sounds video  
<https://youtu.be/JSdYMTehmHg>

