

Meditation and Focus Through Repetition

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SUMMARY: In this session we will explore the power of repetition in our lives at camp by meditating while listening to repeating vocal/musical tracks (optional to contribute by speaking, singing, or playing as part of an audio track).

GOALS:

- Feel a sense of calm and connection through the repetition of sounds.
- Add to the experience by contributing and/or sharing response to the meditation.
- Identify opportunities to leverage repetition at camp to positively impact others' emotions, memories, and sense of community at camp.

AUDIENCE: 10-20 people, no specific range or role.

TIMING: 45 minutes

MATERIALS:

- Instruments (e.g., tambourines, shakers)

SET-UP:

- Any room, with chairs for each participant, and a power source with two outlets to plug in the loop machine and amp.
- Ideally not near other sessions because of the loudness of using the loop machine.

SESSION TIMELINE

- 00:00-00:05 – *Hearing the Shema on repeat*
- 00:05-00:10 – *Reflect on the opening experience*
- 00:10-00:20 – *Planning the creation of a loop*
- 00:20-00:35 – *Group looping – Creating a loop*
- 00:35-00:45 – *Bringing it back to camp and questions*

SESSION OUTLINE

00:00-00:05 – Hearing the *Shema* on repeat

- As participants enter the room, a recording of the *Shema* is playing on the loop machine, repeating itself
- Participants are instructed to sit, invited to close their eyes, and asked to focus on the prayer and how it is making them feel

00:05-00:10 – Reflect on the opening experience

- What did you notice about listening? About how it made you feel?
- What changed as you heard it more times?
- What is Jewish about repetition and cycles?

- Where do you experience loops in the staff member journey? (lots of repetition throughout the summer)

00:10-00:20 – Planning the creation of a loop

- Share ideas on what type of loop the group would like to create
- Find out how participants want to contribute
- Sample some of the noises, sounds, words to see how they go together

00:20-00:35 – Group looping – Creating a loop

- Have one person start the loop by contributing a noise, sound, or word that serves as the baseline of the loop
- This could involve layering on top of the existing *Shema* loop that was played when they entered or starting a whole new loop

00:35-00:45 – Bringing it back to camp and questions

- What did this wind down your day moment make you think about/realize?
- What are you curious about?
- How would/could you bring this concept back to camp?

BRINGING IT TO YOUR CAMP

The goals of this program can be achieved at camp with a loop machine (if you're lucky enough that your camp has one!), a looping app, or without any technology at all—for example, the opening could be achieved by having someone singing the *Shema* multiple times. Drum circles can also have a similar process and goal and are generally more commonly known to people.