

### What a One-derful World: The Radical Power of Awareness 2 *Specialty Track 2*

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<b>TOPIC (S)</b>	Spirituality
<b>SUMMARY</b>	This is the second in our three part session on awareness. This session focuses on three tools for awareness- breath, body, and senses- and how/why to use them at camp.
<b>GOALS:</b>	<ul style="list-style-type: none"> <li>• To experience and explore breath, body, and sense awareness as tools</li> <li>• To practice and reflect on how and why to use these tools at camp</li> <li>• To continue to grow our Jewish spiritual vocabulary</li> </ul>
<b>AUDIENCE:</b>	This session is meant for the spirituality specialty track of fellows at Cornerstone. The orange meditation is appropriate for campers in middle or high school. Then language techniques can be incorporated into anyone's practice.
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	<a href="#">Blessings for the everyday</a> <a href="#">Tools of awareness and best practices handout</a>
<b>MATERIALS NEEDED:</b>	Oranges or another food for everyone to have
<b>SET-UP DETAILS:</b>	Any location

### SESSION TIMELINE

- 00:00-00:15 Orange Meditation
- 00:15-00:30 Orange Meditation Debrief
- 00:30-00:60 Let's practice!
- 00:60-01:12 Taking it back to your camp role- reflection
- 01:12-01:15 Closing

### SESSION OUTLINE:

#### 00:00-00:15 Orange Meditation

- Welcome in participants. Have a mood meter up with the prompt “what is your vibe right now? Share in the chat!” while some music plays
- When the music ends, thank everyone for being there, and take a big deep breath.
- Invite everyone to make sure their orange is in front of them.
- Invite them into awareness-
- *Roll your shoulders back, sit up tall like Jacob's ladder, connecting heaven and earth. Allow your eyes to fall to a close, or focus on a spot on the floor. Start following the pattern of your breath.*
- *With your eyes closed, pick up your orange. This orange is now yours. So take some time and get to know it. First, by touch. Feel the orange- first with one hand, then another. Where are its bumps and ridges? Where is it rough? Smooth? Feel your orange*
- Between each of these prompts, leave some time
- *What does your orange smell like? Scrape it lightly with your nails, and smell your orange. Breathe in deeply.*
- *Now open your eyes. What does your orange look like? Study its shape, curves, lines. What does it look like? Can you get to know your orange so well that you could find it in a pile of oranges? Feel the playful delight of noticing this one orange so deeply.*
- *Now, let's peel. As you slowly peel, hear the sound of the peel leaving the fruit. Feel the variance in textures. Smell the aroma as it intensifies. Peel as slowly as you can.*
- Leave time to peel.
- *Think about all the processes that went into creating your orange. The rain, the soil, the cycle of the seasons. The incredible circumstances that lead this particular seed into the earth, and brought the farmer, the store owner, and you into existence at all.*
- *We are about to say the blessing over the fruit of the tree. As you take your first bite, be present in each step. Feel the segments in your hand, taste the first pop of juice. We experience the blessing of the holiness of the Universe through this blessing, this fruit of the tree.*
- *Barukh atah Adonai, eloheinu melekh haolam, borei pri haetz*
- *Please enjoy your orange at your own pace*
- Give time for enjoyment of oranges

00:15-00:30 Orange meditation debrief and blessings

- Debrief and discuss: What did you notice? What did you feel? Share answers in the chat and take some hands to share aloud.
- *The practice of blessings is an exercise in awareness. By slowing down, and acknowledging that we ourselves didn't grow the orange, make the chocolate, or whatever it is, by paying attention to the present gift of what we are about to eat, we bring ourselves into awareness. This trains us not to take things for granted, and by extension to be more grateful, more in awe, and to enjoy things more!*
- *Even if we can't do a whole meditation before we eat, how can we incorporate these ideas into the saying of blessings? Both over food, and for other blessings over beauty, nature, newness, etc?*
- Mention and [share sheet with blessings and translations.](#)
- If time- think about other moments we could use blessings for at camp. Can we write some new blessings?

00:30-00:60 Let's practice!

Let's think of all the meditations we've done so far.

What elements did you notice that were similar?

What made it successful?

Discuss what people noticed. Mention-

- Three tools of awareness- bringing our attention to the breath, the body, and the senses (especially sound and sight)
- The tone of my voice, taking a breath- being the energy I want to see in the room.
- The space between the invitations- taking it slow.
- Framing things as invitations- not taking it personally if campers don't want to participate in any given moment.
- Let's practice!
  - I'm going to share a quick awareness invitation that you can use to help campers notice their surroundings. Let's do it, then we'll break into small groups and have a chance to try it out and get loving feedback (or do it in the main room and get feedback from me!)
  - *Let's really notice this moment. I invite you to stand up with your feet shoulder width apart. Bend them, feel connected to the earth. Roll your shoulders back. Stand tall, like Jacob's ladder, connected to heaven and earth. Close your eyes or focus on a spot in the distance. Bring your awareness to your breath-in, and out.*
  - *Now, bring your awareness to your hearing. What is the sound farthest from you? Can you bring your attention there?*

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- *What is the sound closest to you? Can you bring your awareness to that sound?*
- *Now can you expand your awareness and hear all the sounds at the same time?*
- Give the fellows a chance to practice, in the main room or in breakout rooms depending on their practice. Give loving feedback regarding language, tone, pacing, embodiment, etc.

00:60-01:12 Taking it back to your camp role- reflection

- *What is your role at camp? How can you use awareness invitations in your role to enhance the spiritual experience of your campers?*
- *Take a moment to write, draw, or talk out loud to yourself.*
- Share in small groups.

01:12-01:15 Closing

- Reflect for yourself and write somewhere- what is an aha moment from today you'd like to remember? What is a question you have?
- Next session, we're going to bring it back to each of you, to your experience.
- Bring a stone, crystal, rock, or something else that is small.
- Take a deep breath, send gratitude for being here, ending using each of the three tools of awareness OR mindful movement to a song, depending on time and energy.

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

For the orange meditation:

- If you are in a pod, (or post covid), you can do the first part blindfolded or with eyes closed. Invite the campers to put their hands out, and then give them oranges. After they feel and smell, they can open their eyes and look. Then, have them roll their oranges into the center of the circle, and close their eyes while you move them around. See if they can go back in and find their orange before proceeding with peeling. Make sure everyone has sanitized zied/washed their hands. :) You could also do it with chocolate or any other food!