

Shabbat Meditation Spin It!

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SUMMARY:	Shabbat honors the 6 days of creation. In this session we will understand what it means that the Almighty “rested” through a full body activity. –Submitted by Meir Balofsky
TOPIC(S):	Shabbat, Meditation
LEARNING OBJECTIVE:	Understand the concept of “tzimtzum”. Understand the idea of God ‘resting’ on the 7 th day and what creation has to do with our weekly Shabbat experience.
AUDIENCE:	Older campers or staff. 20-30 participants
TIMING:	20 minutes
APPENDICES:	N/A
MATERIALS NEEDED:	1 hula hoop per person
SET-UP DETAILS:	No chairs no tables. – empty space Indoor preferred – Anywhere where it can become completely silent.

SESSION TIMELINE & OUTLINE:

Participants walk in and sit in a large circle. In front of each person is hula hoop. Explain that we are going to experiment with some abstract ideas and to roll with the ideas presented as best you can and are comfortable with.

Everyone will be instructed to close their eyes - take deep breaths and create a sense of calm and rest. Everyone will then stand up and hold the hula hoop in front of them and slowly lift it over their head and lower it to their feet so that they are standing inside the circle. While they are slowly doing that they will be told that they are now in their own private world. Everything inside that circle from the ground to the ceiling is their world. They should close their eyes again and imagine everything that is in the world is there with them in that circle. The air, their body, the dust – everything in that space contains everything the world is – all the love and pain that the world is. Let every particle represent and embody a part of the world. Consider all the world is and bring it in. Breathe deeply and slowly.

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Keep breathing slowly and regularly.

Soon you are going to take a very special breath. Before taking in this special breath you are going to think of something that the world does not have or does not have enough of and you're going to bring it and release it to the world with your exhale. With this special breath you will add something new to the finite world inside your space.

Take the deep breath and HOLD IT till I say to exhale or until you need to— While holding your breath you will formulate in your mind all the things you feel the world needs or needs more of. Hold back your breath and let a new thing enter the world

Keep breathing normally as I count to 10. On 10 take in that long deep breath and then release it slowly to the world.

We have taken a world that was completely full and we held back our breath to allow for something new to be created. We just touched on the divine.

Shabbat is ZECHER I"MAASEH BREISHEET – To remember and relive creation. Saying that God 'rested' is objectively ludicrous. Rest is a human experience – not the experience of an infinite power that exists outside of time space and matter.

How did God create the world when God is infinite – how do you 'add' to infinity?

The Kabbalists teach the idea of TZIMTZUM - holding back. This means that for 6 'days' God held back part of infinity to allow the space for the world to be created. Then after 6 days God 'rested' as in, no longer held back infinity and now the new world that was created became part of infinity.

Camp has a feeling of infinity – camp is expansive and all encompassing – How can something new be created in camp? How can we each participate in tzimtzum to allow for new ideas to come in?

Can Shabbat be used as an opportunity for taking a step back - out of routine and do something different – meet someone new – change the reality for moving forward?

ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Use your camp's unique Shabbat experience to make the examples more relevant. Discuss how new ideas could be introduced to the camp community and culture, using Shabbat as a Launchpad