

## **CORNERSTONE 2023 RESOURCE**

### **Screaming Meditation**

**AUTHOR(S):** Jonah Canner

**SUMMARY:** The world is loud and busy. We all take in so much throughout our days. Screaming Meditation is a form of release, a way to center yourself and find some quiet by letting all of the noise come out.

**GOALS:**

- Participants will feel rejuvenated, connected, and lighter
- Participants will be able to release the tension they are carrying.

**AUDIENCE:** This session can be for all ages and up to 25 participants

**TIMING:** 45 minutes

**MATERIALS:** None

**SET-UP:** N/A

## CORNERSTONE 2023 RESOURCE

### SESSION TIMELINE

- 00:00-00:05 – Introduction
- 00:05-00:10 – Walk through the woods
- 00:10-00:30 – Guide through meditation
- 00:30-00:40 – Debrief
- 00:40-00:45 – Closing

### SESSION OUTLINE

#### 00:00-00:05 – Introduction

Gather at the meeting point to start the session and tell the group that for the session we will be focusing on our breath and our senses, specifically sound. Say: *We will start by walking silently into the woods.*

#### 00:05-00:10 – Walk through the woods

lead the group into a predetermined spot in the woods that is either near running water or where there is enough space between the trees for your group to get into a circle.

#### 00:10-00:30 – Lead Meditation

With the group gathered, lead everyone in a set of silent breathing. Ask for folks to notice what they hear in the silence.

In the second set of beathing, encourage them to begin letting sound come out on the out breath

Have the group turn to face out so that everyone is still standing in a circle but facing away from each other. Have them do another set of beathing. In this set, encourage them to let out more noise on the out breath.

Repeat this round several times, eventually having them turn back towards the center for a round of breathing and screaming

Ask for some reactions to the process

- What is coming up for you?
- What does it feel like to release all of that sound?
- What do you notice about the soundscape when we are screaming and when we stop?

Now ask people to find a partner (who they are comfortable touching) and with their partner, decide who will go first and who will go second. For this round, we are going to add some physical resistance to the vocal release.

Have the partners stand facing each other and either touch each other's hands or shoulders.

## CORNERSTONE 2023 RESOURCE

Have the first partner, in their set of breathing release sound, on the out breath, progressively release more sound on each breath. The second partner is simply breathing and offering some physical resistance for the first partner.

Have partners switch roles.

Have the partners repeat that process, this time with each partner releasing sound and holding physical resistance simultaneously.

### **00:30-00:40 – Debrief**

Bring everyone back to the circle and debrief.

- What are some things that you noticed during the exercise?
- How do you feel in your body right now?
- Do you notice a difference in your body from how you were feeling before?
- What was difficult about screaming?
- What did it feel like to do this exercise?

### **00:40-00:45 – Closing**

Take another round of silent breathing in a circle. Head back to the initial meeting point.

## **BRINGING IT TO YOUR CAMP**

This session should only be led by people who have experienced the session as a participant.