

## Coffee Alternative for the Camp Soul

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**SUMMARY:** Wake yourself up using the 3 soul levels of Nefesh, Ruach, and Neshamah to discover your inner mantra with a practice of goals and gratitude. Coffee not provided.

### GOALS:

- Finding an alternative way to wake your body up at camp when camp coffee just doesn't do the trick
- Provide methods of meditation, movement, and intentionality to the morning

**AUDIENCE:** 20-30 people, can be staff-aged or even campers!

**TIMING:** 45 minutes

### MATERIALS:

- Stickers for the water
- Sharpies
- Big sticky note paper with mantra prompt on it
  - Method of propping

### SET-UP:

- Need to be at the theater, and would like yoga mats and a speaker
- Paper and pen are already on each mat

## SESSION TIMELINE

- 00:00-00:05 – Introductions, round of names
- 00:05-00:10 – Intro to Nefesh, Ruach, and Neshamah framework
- 00:10-00:20 – Nefesh
- 00:20-00:30 – Ruach
- 00:30-00:40 – Neshamah
- 00:40-00:45 – Closing: Final prayer and intention setting

## SESSION OUTLINE

00:00-00:05 – Introductions

As the group enters, the facilitator(s) welcomes them and encourages them to find a mat on the floor and sit, lay, or stand however they are most comfortable. Facilitator(s) introduce themselves and then allow the group to do the same sharing:

- Name
- Pronoun
- What is your favorite way to wake up at camp/song to wake up at camp to? (optional with time)

00:05-00:10 – Intro to Nefesh, Ruach, and Neshamah framework

The facilitator shares the following script as an introduction to the practice: We were inspired for this program by “Yedid Nefesh [which] is a gentle Jewish themed morning meditation to attune the three soul levels of **Nefesh, Ruach, and Neshamah** with your goals and gratitude. Nefesh is the more physical aspect, Ruach the emotional energetic aspect as well as connected to breath, and Neshamah is breath and self-consciousness.” We wanted to provide a way to acknowledge that camp can be hectic and provide a new way to reenergize and refocus.

00:10-00:20 – Nefesh

- “We are beginning with the soul level Nefesh which is the physical aspect and wake up the body and get everyone intune with their bodies”
- Shaking out body (10-10-10-10, 9-9-9-9, 8-8-8-8... 1-1-1-1)
  - Facilitators will have participants stand up and wake their bodies up through physical activity. They shake each arm, each leg, beginning with 10 times each, then repeat counting down to just one shake.
- Energizing stretch
  - Facilitators will lead in simply morning stretches to target different parts of their bodies to ensure the whole-body benefits from stretching
  - How does your body feel?
  - Are you more or less awake?
- Facilitators transition from Nefesh to Ruach with Super-person power stance to feel powerful in their bodies
  - As they hold their power stances, we will talk about transitioning into Ruach

00:20-00:30 – Ruach

- *Ruach is emotional energetic aspect as well as connected to breath and to display that we are going to create mantras for our summers and breath into our mantras.*
- *Breathing into a mantra*
  - *You have the option to a two-part mantra and as you breathe in you will think of the first part of your mantra and as you breathe out the second. Or you can think of a goal for the summer and think of that as you focus on your breathing.*
- *Slips of paper and pens, have them write out -*
  - *Example: I want to make everyone feel included in my bunk... therefore, I will connect with the kids who are left out*
  - *A sticker label for them to hold this mantra on their water bottle*
  - *Creating a real emotional support water bottle*
- *How to breath into an embodiment of your mantra*
- *While the participants are writing their mantras on the slip of paper, facilitators will play over a speaker the soundtrack of camp (kids screaming, laughing, playing, etc.) to simulate finding peace in the chaos*
- *Facilitators lead self-reflection: (optional, pair-share opportunity, inner reflection, depending on what your group of participants needs)*
  - *Does your body feel different than it did after Nefesh?*
  - *“Now as we transition into our meditation, and Neshamah which is breath and self-consciousness, you will start to tune out the chaotic noises of camp”*

00:30-00:40 – Neshamah

*Breathing and self-consciousness (10 minutes)*

- *Guided meditation*
  - *Yadid nefesh meditation or other:*  
<https://insighttimer.com/yogacoachmartin/guided-meditations/yedid-nefesh-a-jewish-morning-meditation>
- *Transition back into the energy of camp with live thunderstorm, making noise as a group*
- *You are tuning it out, now the peaceful music has arrived*
- *Live thunderstorm*

00:40-00:45 – Facilitator(s) recite the following prayer:

*Your presence greets me  
like the wind arriving from a far-off storm  
stirring and shimmering over the dark surface of the deep.  
I open gratefully to my spirit's return  
and rise up again to a world recreated.*

*Soul of all that lives, eternal breath of the universe,  
you are blessed,  
restoring me to life this and every new morning.*

- *Zooming out:*

## CORNERSTONE RESOURCE



- *Tell participants they can take this as a whole program or parts of it to help revive them while at camp and to also pass onto others.*
- *Can be used in bigger settings or even just within their bunks.*

### BRINGING IT TO YOUR CAMP