

FAMILY TAKE-IT-HOME

by Mary Collins, Children's Program Coordinator

Soul Matter Theme of the Month: BALANCE

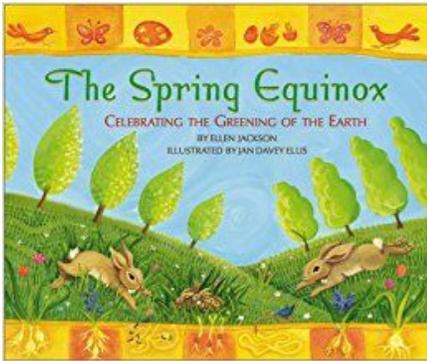
Session Topic: **Balance & the Spring Equinox**

Unitarian Universalist Sources: Earth Based and World Religions

Planned Sunday on-site Activities: Entering Video from TED dance* or Oil Pastels Drawing, Joys & Sorrow sharing, Mindfulness body meditation noting both sides of the body, ACTIVITY - Balancing Rocks a.k.a. Cairns or creating symmetry sculptures for the the equinox

*The BALANCE GODDESS - <https://www.youtube.com/watch?v=ELROG7uppps> (about 15 mins)

In 2010 Lara Jacobs was asked to audition for the role of Balance Goddess in Cirque de Soleil's Amaluna. The unique act has the Balance Goddess creating a world in equilibrium with a mobile made of thirteen palm leaf ribs. This routine is carried out to a spare soundtrack emphasized only by the sound of her breathing. Her movements are slow, deliberate and almost meditative as she concentrates all her attention on building this structure, reminding us of the fragile nature of harmony.



Story Each tradition read by participants from The Spring Equinox: Celebrating the Greening of the Earth by Ellen Jackson

REFLECTION QUESTION:

A great perspective builder is to realize through all the ups and downs in life that people have always observed and connected to nature and celebrated the Spring. How are you connecting to the natural world? Do you mark the seasonal changes? If so, How?

FAMILY TAKE-IT-HOME Additional Faith Formation for you:

- **Meditation Practice** Sit down or lie down comfortably and close your eyes, make yourself as comfortable as you can be.

Take a few deep, cleansing breaths as you begin to relax.

Bring all of your attention to your right foot, noticing how it feels. Squeeze the right foot, making a fist with your entire right foot and all five toes; tense and squeeze it tightly. Hold this tension for two deep breaths. Then release all tension in the right foot suddenly. Relax it completely and notice the tension release. You may feel a tingling sensation in the foot.

Take a deep breath, and then move your attention to your left foot. (*Same instructions as for the right foot*)

Move slowly up and around the body, squeezing one body part at a time to create tension, immediately followed by the contrasting sensation of release and ease. Follow each part with a deep, cleansing breath. Here's a sample progression you can follow after Right foot & Left foot:

Right ankle and calf, left ankle and calf, Right knee, left knee, Right thigh, left thigh, All feet and legs, Hips, Bottom, Belly, Entire lower body, from belly down, Chest and heart, Right arm, left arm, Right hand, left hand, Shoulders, Neck, Face, Whole body at once (*do this one twice*)

Spend at least a few minutes in quiet, encouraging them to keep their breathing slow and steady.