

# mindfulness and yoUU

## UURE Curriculum 2019-20

Connecting mindfulness/meditative practices from different faith traditions and cultural communities to Unitarian Universalism's Seven Principles

### Year At-A-Glance

#### **UNIT 1 Roxane & Eleanor**

**Focusing on Patterns & Shapes & the 7th Principle (Interconnected Web)**

- 9/15 Introduction to Mindfulness (mesmerizing jars)
- 9/22 Mandalas (coloring, making)
- 9/29 Mandalas (dot stones) with Sandra

#### **UNIT 2 Christine & Desiree**

**Sitting Meditation & the 3rd Principle (Acceptance & Spiritual Growth)**

- 10/6 Sitting Meditation (guided, breath, candle)
- 10/13 Sitting Meditation (guided, breath, candle)

#### **UNIT 3 Lisa & Eduardo**

**Mindful Eating I & the 2nd Principle (Justice, Equity, & Compassion)**

- 11/3 Mindful Eating
- 11/24 Mindful Eating

#### **UNIT 4 Roxane & Dan**

**Music Meditation & the 6th Principle (World Community)**

- 12/8 Music Meditation (chime, bowl, listening)

#### **UNIT 5 Barby & Luz**

**Yoga & the 3rd Principle (Acceptance & Spiritual Growth)**

- 1/5 Yoga with Luz
- 1/12 Yoga with Luz

#### **UNIT 6 Maria & Charles**

**Walking Meditation, Labyrinths & the 4th Principle (Truth & Meaning)**

- 1/26 Walking Meditation/Labyrinth (gratitude)
- 2/2 Walking Meditation/Labyrinth
- 2/9 Walking Meditation/Labyrinth

#### **UNIT 7 Roxane & Dan**

**Music Meditation & the 1st Principle (Worth & Dignity)**

- 3/1 Music Meditation (drumming with Martha)
- 3/8 Music Meditation (making, listen)
- 4/5 Music Meditation (making, listen)

#### **UNIT 8 Roxane & Bezel or Barby**

**Mindful Eating II (cookbook) & the 5th Principle (Conscience & Democracy)**

- 4/19 Mindful Eating/Cookbook/ Video Editing
- 4/26 Mindful Eating/Cookbook/Video Editing
- 5/3 Mindful Eating/Cookbook/Video Editing

**Notes**

As you are reading through the curriculum, please know that these are suggestions for language and activities—you're welcome to revise the presentations to match your knowledge on the topics and to express the ideas in ways that will be compelling to our youth. Be sure to invite the youth to question, rephrase, and comment on all ideas and activities so that they can make the practices relevant to their own experiences and perspectives.

## What is Mindfulness?

“What is Mindfulness? An Animated Explanation” video  
<https://vimeo.com/218666014>

Mindful Schools – Resources – Multimedia

<https://www.mindfulschools.org/resources/explore-mindful-resources/>

Find videos, audio, and books for introducing mindfulness to your school

“Resources for Mindfulness” from Mindfulness for Teens (CAN)

<http://mindfulnessforteens.com/resources/resources-for-mindfulness/>

“What is Mindfulness?” from YouthMindfulness (UK)

<https://youthmindfulness.org/what-is-mindfulness/>



TRAINING PROGRAMMES    MINDFULNESS COURSES    WHAT IS MINDFULNESS    PROJECTS    ABOUT    CONTACT US

## WHAT IS MINDFULNESS?



Mindfulness is a way of training the mind to be present. It is a secular meditative practice, which involves paying attention to what is happening as it happens, and doing so with an attitude of kindness, acceptance, and non-judgment. As such, cultivating mindfulness results in greater self-awareness, and enables us to become more joyful, more empathic, and more resilient. We can learn to respond with greater wisdom and flexibility to difficult emotions and experiences, and learn to live with greater happiness and vitality.

**How do you practice mindfulness?**

In essence, mindfulness is very simple, but when an individual begins practising it for the first time, it can seem very difficult. Our minds are used to racing around at an incredible speed, jumping from thought to thought. We are often lost in regrets about the past or worries about the future, and are rarely awake to the present moment. However, with patient and persistent training, our minds gradually settle down, and we are able to live with a greater awareness of the present moment, as well as of our inner emotional and mental states. This non-judgmental awareness is the foundation of emotional intelligence, healthy social relationships, and sound mental health.

Mindfulness is taught in a highly systematic way. In order to train the mind, students of mindfulness begin by focusing their attention on one object, most often the sensations of breathing. Naturally the mind will wander, becoming distracted by thoughts, sounds, and emotions etc. The practice involves training our attention again and again to come back to the present moment. Gradually, the mind will become quieter and more concentrated, and students will be able to maintain present-moment awareness for longer periods of time. Accompanying this training of attention is the cultivation of non-reactivity and non-judgment.

Although the practice of mindfulness is very simple, the effects can be profound. [Read more about the research here.](#)



**Contact Us**

Get in touch to find out about our upcoming training courses via the [contact form](#) or send us an email to [info@youthmindfulness.org](mailto:info@youthmindfulness.org) or call on (+44) 0776 538 0918

[f](#) [@](#) [v](#)

**Sign Up For Our Newsletter**

Registered Charity Number SC046447

## Mindfulness from a UU Perspective

“Faces of Faith: Unitarian values, a Buddhist mind” article on UU minister Rev. Sam Trumbore  
<https://www.timesunion.com/local/article/Faces-of-Faith-Unitarian-values-a-Buddhist-mind-11160247.php>

“...Mindfulness creates space in the mind for an awareness of where there is an opportunity to make a good choice rather than be unreflectively compelled toward a bad choice.

To put my Unitarian Universalist principles and values in action, I will get help and support using Buddhist methods and practices to develop the ability to pause, reflect and make a good choice.

So what's left for your religion?

This is what is so different about us. We have shared principles and values rather than shared beliefs. Being a free religious tradition, there is no test of belief to be a member. Both Unitarianism and Universalism (we merged in 1961) started as liberal Christian sects. Over the years our faith has broadened to include diverse ways of believing. The first extension was including non-Christians in the 19th century. Then we included non-theists in the 20th century. Today you can be an atheist and a Unitarian Universalist! What matters are our principles and values and how we live them in the world.

Buddhist philosophy and meditation practices help me live my UU principles and values in the world. They don't require me to believe anything and they are very practical. Buddhism works in partnership with my Unitarian Universalism — they support each other. We think a community of diverse beliefs is better, just like a congregation with diverse racial and cultural backgrounds can be stronger together. Diversity can be challenging sometimes, but when we struggle together skillfully we can grow into more full and complete human beings. In the process our hearts grow as we learn to love each other more fully.

## UNIT 1

### Focusing on Patterns & Shapes and the UU 7th Principle (Interconnected Web)

#### Unitarian Universalist 7th Principle

**Respect for the interdependent web of all existence of which we are a part**  
*We believe in caring for our planet Earth and every living thing that shares it with us.*

#### Reflection on the Seventh Principle

“Our seventh Principle, respect for the interdependent web of all existence, is a glorious statement. Yet we make a profound mistake when we limit it to merely an environmental idea. It is so much more. It is our response to the great dangers of both individualism and oppression. It is our solution to the seeming conflict between the individual and the group.

“Our seventh Principle may be our Unitarian Universalist way of coming to fully embrace something greater than ourselves. The interdependent web—expressed as the spirit of life, the ground of all being, the oneness of all existence, the community-forming power, the process of life, the creative force, even God—can help us develop that social understanding of ourselves that we and our culture so desperately need. It is a source of meaning to which we can dedicate our lives.”

—Rev. Forrest Gilmore, Executive Director of Shalom Community Center, Bloomington, IN

#### Unit Description

Because mindfulness practice creates the space for connection both within ourselves and outside among all others, we will take three sessions to focus on symbols and practices of connection that have importance in the living tradition of Unitarian Universalism.

#### Mindfulness Practices

Focused Attention

Mandalas

Observing Patterns in Nature

## UNIT 1: Focusing on Patterns & Shapes and the UU 7th Principle (Interconnected Web)

### Session 1: Introduction to Mindfulness Practice

#### Session Goals

- **Introduction to the curriculum** (What is mindfulness? Why is it useful to practice? How does it connect to Unitarian Universalism?)
- **Creating/using tools for calming and focusing**

#### Videos to watch/show

- “What is Mindfulness? An Animated Explanation” video — <https://vimeo.com/218666014>

#### Discussion Questions

- **What is mindfulness?**
  - Mindfulness is a practice of calming the mind and body so that you can focus on the present moment and be in a better position to experience your life and the world with more kindness and compassion. Mindfulness practices have come from many spiritual traditions, especially Hinduism and Buddhism. As it has been studied through science in the last few decades, scientists have learned how much mindfulness practices help heal and strengthen our bodies and minds.
- **Why is mindfulness useful to practice?**
  - Mindfulness practices are very helpful in reducing stress and worry/anxiety, and they strengthen our ability to handle challenges.
- **How does mindfulness connect to Unitarian Universalism?**
  - Because mindfulness practices have emerged from spiritual traditions, it has a natural connection to Unitarian Universalism, which itself draws on many sources of wisdom and traditions. In a Unitarian Universalist search for truth, meaning, and beloved community, it is very helpful to be able to quiet one’s mind for self-awareness and the ability to more carefully focus on the world around us. Mindfulness practices give us the tools for self-awareness, careful focus, and attention to the present moment. And because it creates the space for us to connect both inside and outside ourselves, mindfulness is a great way to think about the UU seventh principle and the interconnected web of all existence.

#### Reading & Activity

- “Life in the Balance” by Martha Dallas — message and activity about balancing and being aware of all around us [PDF]
  - **Consider and Discuss the Unitarian Universalist 7th Principle:** Respect for the interdependent web of all existence of which we are a part (*We believe in caring for our planet Earth and every living thing that shares it with us.*) – How does this reading and activity help us understand mindful behavior (focusing, concentrating) and the idea that we’re all connected, like being in a web?

#### Craft Activity

- Creating a Focusing Tool — Mesmerizing Jars <https://copingskillsforkids.com/blog/how-to-make-a-calming-jar> [materials to be supplied: jars, water, corn syrup, glitter, small trinkets]

#### Sharing Personal Practice

- How will you practice mindfulness and interconnection in the upcoming week?

## UNIT 1: Focusing on Patterns & Shapes and the UU 7th Principle (Interconnected Web)

### Session 2: Mandalas (coloring, making)

#### Session Goals

- Learning about mandalas as a meditative practice
- Creating/using mandalas for calming and focusing

#### Videos to watch/show

- Tibetan Sand Mandala video — [https://youtu.be/ga5s\\_qYgJS8](https://youtu.be/ga5s_qYgJS8)
- “What is a mandala?” video — <https://youtu.be/3j4a5ijDazE> (to 2:28)

#### Discussion Questions

- **What is a mandala?**
  - According to the Mandala Project.org, “The word ‘mandala’ is from the classical Indian language of Sanskrit. Loosely translated to mean ‘circle,’ a mandala is far more than a simple shape. It represents wholeness and can be seen as a model for the organizational structure of life itself—a cosmic diagram that reminds us of our relation to the infinite, the world that extends both beyond and within our bodies and minds.

“Describing both material and non-material realities, the mandala appears in all aspects of life: the celestial circles we call earth, sun, and moon, as well as conceptual circles of friends, family, and community.” (<http://www.mandalaproject.org/what/main.html>)
- **How do mandalas connect to Unitarian Universalism?**
  - UUs can understand the interconnected web of all existence when they experience mandalas. Whether from Buddhist, Hindu, Native American, or other spiritual traditions, mandalas often look like networks of images that connect, like intricate webs. Visually, the relationships between the smaller details and the larger image show that many different elements can come together to form a common, coherent whole. When mandalas are made with non-visual elements (as in Tibetan chanting), the same relationships and connections are experienced, creating a wholeness that can be deeply felt.
- **How can mandalas help with mindfulness?**
  - Whether you are drawing, coloring, or making one out of objects, constructing mandalas is a deeply mindful practice because it requires concentration to organize and assemble the materials. The process of construction can be a calming practice that you can return to again and again, especially since the creation of one almost always ends in its destruction and the return of the materials to the earth in some way—mandalas help us learn the patience of creation, its impermanence, and its continuation.

#### Craft Activity

- Coloring Mandalas — [PDFs]
- Making Mandala Art — from Playful Learning.com <https://www.playfullearning.net/resource/making-mandala-art-with-kids/> [materials can be gathered from the RE courtyard]

#### Sharing Personal Practice

- How will you practice mindfulness and interconnection in the upcoming week?

## UNIT 1: Focusing on Patterns & Shapes and the UU 7th Principle (Interconnected Web)

### Session 3: Patterns in Nature (Zen garden making)

#### Session Goals

- Learning to focus attention on patterns in nature as a meditative practice
- Creating/using a Zen garden for calming and focusing

#### Videos to watch/show

- “Mathematics in Nature” <https://youtu.be/lq9RUaJe00c>
- “DIY Mini Zen Garden” <https://youtu.be/44z4-qdRIVE>

#### Discussion Questions

- **How do patterns in nature connect to mindfulness?**
  - As with mandalas, all of nature contains examples of diverse connections that make up a coherent whole. In some spiritual traditions, people observe and reflect on these connections to help understand their relationship to others in the universe. And every observation and reflection is based in a mindful practice of focusing attention to the present, which allows you to notice more about the world around you.
- **How does focusing and noticing connect to Unitarian Universalism?**
  - The Unitarian Universalist search for truth, meaning, and connection through beloved community depends on careful attention of oneself and others around you. Being able to focus on the present takes practice, and it gives you the skills to notice what is around you, and importantly, what is needed at any given moment.
- **Why does mindfulness practice take so much practice?**
  - Helping your brain and body focus is a kind of exercise and a building of strength. It is just like any other exercise you do to build your abilities. Swimming, riding a bike, playing video games, singing, writing, reading—all of these things are easier to do the more you do them, and when you practice, they’re not only easier, but you can get better at them. Being mindful of the present moment, being able to calm and focus your attention, takes practice, too. The more you can practice calm focus, the quicker you can find a moment of peace from stress and worry, and the easier it is to see what is around you and what you might need to do. Over the next few months, we’ll learn different types of mindfulness practices so that you can find something that works well for you.

#### Reading/Handout

- “How to Be an Explorer of the World” by Keri Smith [PDF]

#### Craft Activity

- Making a mini Zen garden — [materials to be supplied: shallow box, sand, rocks, rake]

#### Sharing Personal Practice

- How will you practice mindfulness and interconnection in the upcoming week?

## UNIT 2

### Sitting Meditation and the UU 3rd Principle (Acceptance & Spiritual Growth)

#### Unitarian Universalist 3rd Principle

**Acceptance of one another and encouragement to spiritual growth in our congregations**

*In our congregations, all people are accepted and we learn together.*

#### Reflection on the Third Principle

“Spiritual growth isn’t about a vertical ascent to heaven but about growth in every dimension at once. It’s spirituality in 3-D. Growth in spirit doesn’t measure one’s proximity to a God above, but rather the spaciousness of one’s own soul—its volume, its capacity, its size.

“We need souls that can take in the world in all its complexity and diversity, yet still maintain our integrity. And we need souls that can love and be in relationship with all of this complexity. Instead of fight or flight, we need a spiritual posture of embrace.”

—Rev. Rob Hardies, All Souls Church Unitarian, Washington, DC

#### Unit Description

One of the most important examples of mindfulness practice is sitting meditation, or the direction of quiet attention of the mind to the breath or other calming focus point. In two sessions, youth will learn how to still their minds and bodies with guided imagery meditation and breath-focused (or similar) meditation. Through this technique, youth can also consider how meditation gives Unitarian Universalists the capability to be more empathetic and accepting of the spiritual and wisdom paths of all others.

#### Mindfulness Practices

Focused Attention  
Sitting with Guided Imagery  
Sitting with Breath

## UNIT 2: Sitting Meditation and the 3rd Principle (Acceptance & Spiritual Growth)

### Session 1: Sitting Meditation (guided, Metta)

#### Session Goals

- Learning to calm and focus the mind with guided meditation

#### Discussion Questions

- **What is guided meditation?**
  - Guided meditation is the practice of calming your mind and focusing your attention with the assistance of someone who is helping you imagine and experience a calming state. You follow in your mind the guided imagery that a person speaks to you. Usually, there are pauses in between the spoken parts so that you can quietly focus on the present moment.
- **What is Metta meditation?**
  - Metta is a meditation practice that focuses on sending loving-kindness, joy, empathy, and compassion to yourself, others, and the world all around you. The calming focus is wholly on sending in and sending out love and support.
- **Why is sitting meditation helpful?**
  - A practice of sitting meditation is helpful to people in part because it helps to bring a focused sense of calm and peace, especially during times of stress and anxiety. When people experience this state of peaceful focus—which is also non-judgmental—they are better able to move forward in their lives, making more thoughtful choices that have a positive impact for themselves and others.
- **How do guided and Metta meditation connect to Unitarian Universalism and the third principle?**
  - When Unitarian Universalists support each other—and all others—on their spiritual journeys, they try to do so without the feeling of automatic judgement, which can keep us from recognizing our connection with and compassion for others. Meditation can help us find the space of non-judgement, a space where we can understand where another person is coming from in their search for truth, meaning, and community, and can act toward them with more compassion.

#### Reading & Activity

- “Among the Trees” and Metta “Empathy” guided meditations — [PDFs]
  - **Consider and Discuss the Unitarian Universalist 3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations** (*In our congregations, all people are accepted and we learn together.*) – How does this reading and activity help us understand mindful behavior (focusing, concentrating) and the idea of acceptance and encouragement for all people’s spiritual journey?

#### Sharing Personal Practice

- How will you practice mindfulness and acceptance of others in the upcoming week?

## UNIT 2: Sitting Meditation and the 3rd Principle (Acceptance & Spiritual Growth)

### Session 2: Sitting Meditation (breath, candle, other)

#### Session Goals

- Learning to calm and focus the mind with breath and other focused meditation

#### Discussion Questions

- How can you meditate without having someone else guide you?
  - At some points, it is helpful to be able to get to the place of calm, alert focus in your mind without the help of others. We all carry within us the tools for calm focus, whether that is by following the regular pattern of the breath or by directing attention to another regular sensation (like the feeling of our hands in our lap, or the image of a candle burning, or the sound of the air conditioner). By practicing a focus on these regular elements of our existence, we can learn to quickly settle into a state of calm, focused attention on the present moment.

#### Reading & Activity

- “Breath” and “Meditation for Intergen Service” meditations — [PDFs]
  - Read first, then give the youth time to focus on their breath, a candle, their hands, or something else that will give them practice in quiet, alert focusing

#### Sharing Personal Practice

- How will you practice mindfulness and acceptance of others in the upcoming week?

### UNIT 3: Mindful Eating and the UU 2nd Principle (Justice, Equity, & Compassion) OVERVIEW

Unitarian Universalist 2nd Principle:

“Justice, equity, and compassion in human relations”

Alternative Wording:

“We believe all people should be treated fairly.”

Mindfulness Practices:

Focused Attention while Eating  
Metta (Empathy) Meditation / Gratitude Practices

Description:

#### Reflection on the Second Principle

“Justice, equity, and compassion in human relations points us toward something beyond inherent worth and dignity. It points us to the larger community. It gets at collective responsibility. It reminds us that treating people as human beings is not simply something we do one-on-one, but something that has systemic implications and can inform our entire cultural way of being.

“Compassion is something that we can easily act on individually. We can demonstrate openness, give people respect, and treat people with kindness on our own. But we need one another to achieve equity and justice.

“Justice, equity, and compassion are all part of the same package. Just as the second Principle overlaps with the first, so it is related to the seventh Principle—the interdependent web of all existence.”

—Rev. Emily Gage, Unity Temple, Chicago, IL

UNIT 3  
Mindful Eating I  
2nd Principle (Justice, Equity, & Compassion)  
11/3 RE—Mindful Eating

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 3  
Mindful Eating I  
2nd Principle (Justice, Equity, & Compassion)  
11/24 RE—Mindful Eating

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 4: Music Meditation and UU 6th Principle (World Community)  
OVERVIEW

Unitarian Universalist 6th Principle:

“The goal of world community with peace, liberty, and justice for all”

Alternative Wording:

“We believe in working for a peaceful, fair, and free world.”

Mindfulness Practices:

Focused Attention  
Listening  
Making Music  
Singing/Chanting

Description:

Reflection on the Sixth Principle

“The sixth Principle seems extravagant in its hopefulness and improbable in its prospects. Can we continue to say we want ‘world community’? ‘Peace, liberty, and justice for all’? The world is full of genocide, abuse, terror, and war. What have we gotten ourselves into?”

“As naïve or impossible as the sixth Principle may seem, I’m not willing to give up on it. In the face of our culture’s apathy and fear, I want to imagine and help create a powerful vision of peace by peaceful means, liberty by liberatory means, justice by just means. I want us to believe—and to live as if we believe—that a world community with peace, liberty, and justice for all is possible. There is no guarantee that we will succeed, but I can assure you that we will improve ourselves and improve the world by trying.”

—Rev. Sean Parker Dennison, Tree of Life Congregation, McHenry, IL

UNIT 4

Music Meditation

6th Principle (World Community)

12/8 RE—Music Meditation (chime, bowl, listening)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

## UNIT 5: Yoga (Kundalini) and UU 3rd Principle (Acceptance & Spiritual Growth)

### OVERVIEW

Unitarian Universalist 3rd Principle:

“Acceptance of one another and encouragement to spiritual growth in our congregations”

Alternative Wording:

“In our congregations, all people are accepted and we learn together.”

Mindfulness Practices:

Yoga

Description:

Reflection on the Third Principle

“Spiritual growth isn’t about a vertical ascent to heaven but about growth in every dimension at once. It’s spirituality in 3-D. Growth in spirit doesn’t measure one’s proximity to a God above, but rather the spaciousness of one’s own soul—its volume, its capacity, its size.

“We need souls that can take in the world in all its complexity and diversity, yet still maintain our integrity. And we need souls that can love and be in relationship with all of this complexity. Instead of fight or flight, we need a spiritual posture of embrace.”

—Rev. Rob Hardies, All Souls Church Unitarian, Washington, DC

UNIT 5

Yoga (Kundalini)

3rd Principle (Acceptance & Spiritual Growth)

1/5 RE—Yoga (Kundalini)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 5

Yoga (Kundalini)

3rd Principle (Acceptance & Spiritual Growth)

1/12 RE—Yoga (Kundalini)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 6: Walking Meditation & Labyrinths and UU 4th Principle (Truth & Meaning)  
OVERVIEW

Unitarian Universalist 4th Principle:

“A free and responsible search for truth and meaning”

Alternative Wording:

“We believe each person is free to search for what is true and right in life.”

Mindfulness Practices:

Focused Attention  
Walking  
Labyrinth

Description:

Reflection on the Fourth Principle

“As responsible religious seekers, we recognize that we are privileged to be free, to have resources to pursue life beyond mere survival, to continually search for truth and meaning, to exist beyond bonds of dogma and oppression, and to wrestle freely with truth and meaning as they evolve.

“This privilege calls us not to be isolated and self-centered, believing that our single perspective trumps all others, but rather to be humble, to be open to the great mysteries of truth and meaning that life offers. And those mysteries may speak to us through our own intuition and experience—but also through tradition, community, conflict, nature, and relationships.

“As a faith tradition, Unitarian Universalism makes sacred the right and responsibility to engage in this free and responsible quest as an act of religious devotion. Institutionally, we have left open the questions of what truth and meaning are, acknowledging that mindful people will, in every age, discover new insights.”

—Rev. Paige Getty, UU Congregation of Columbia, Maryland

## UNIT 6

Walking Meditation &amp; Labyrinths

4th Principle (Truth &amp; Meaning)

1/26 RE—Walking Meditation/Labyrinth (gratitude)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 6

Walking Meditation & Labyrinths

4th Principle (Truth & Meaning)

2/2 RE—Walking Meditation/Labyrinth

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

## UNIT 6

Walking Meditation &amp; Labyrinths

4th Principle (Truth &amp; Meaning)

2/9 RE— Walking Meditation/Labyrinth

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

## UNIT 7: Qi Gong or Music Meditation and UU 1st Principle (Worth & Dignity)

### OVERVIEW

Unitarian Universalist 1st Principle:

“The inherent worth and dignity of every person”

Alternative Wording:

“We believe each and every person is important.”

Mindfulness Practices:

Focused Attention  
 Qi Gong Movement  
 -or-  
 Focused Attention  
 Listening  
 Making Music  
 Singing/Chanting

Description:

### Reflection on the First Principle

“Reverence and respect for human nature is at the core of Unitarian Universalist (UU) faith. We believe that all the dimensions of our being carry the potential to do good. We celebrate the gifts of being human: our intelligence and capacity for observation and reason, our senses and ability to appreciate beauty, our creativity, our feelings and emotions. We cherish our bodies as well as our souls. We can use our gifts to offer love, to work for justice, to heal injury, to create pleasure for ourselves and others.

“‘Just to be is a blessing. Just to live is holy,’ the great twentieth-century Rabbi Abraham Heschel wrote. Unitarian Universalists affirm the inherent worth and dignity of each person as a given of faith—an unshakeable conviction calling us to self-respect and respect for others.”

—Rev. Dr. Rebecca Ann Parker, minister, theologian, and author.

## UNIT 7

Qi Gong or Music Meditation

1st Principle (Worth &amp; Dignity)

3/1 RE—Qi Gong/Music Meditation (making, listen)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

## UNIT 7

Qi Gong or Music Meditation

1st Principle (Worth & Dignity)

3/15 RE—Qi Gong/Music Meditation (making, listen)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

## UNIT 7

Qi Gong or Music Meditation

1st Principle (Worth &amp; Dignity)

4/5 RE—Qi Gong/Music Meditation (making, listen)

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 8: Mindful Eating II (cookbook) and UU 5th Principle (Conscience & Democracy)  
OVERVIEW

Unitarian Universalist 5th Principle:

“The right of conscience and the use of the democratic process within our congregations and in society at large”

Alternative Wording:

“Everyone deserves a vote about the things that concern them.”

Mindfulness Practices:

Focused Attention  
Listening  
Mindfully Building Consensus

Description:

Reflection on the Fifth Principle

“In our religious lives, the democratic process requires trust in the development of each individual conscience—a belief that such development is possible for each of us, as well as a commitment to cultivate our own conscience. We could call it a commitment to the value of each person. In the words of Theodore Parker, ‘Democracy means not “I am as good as you are,” but “You are as good as I am.”’ My connection with the sacred is only as precious as my willingness to acknowledge the same connection in others.”

—Rev. Parisa Parsa, executive director of the Public Conversations Project

## UNIT 8

Mindful Eating II (cookbook)

5th Principle (Conscience &amp; Democracy)

4/19 RE—Mindful Eating/Cookbook

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

UNIT 8

Mindful Eating II (cookbook)

5th Principle (Conscience & Democracy)

4/26 RE—Mindful Eating/Cookbook

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

## UNIT 8

Mindful Eating II (cookbook)

5th Principle (Conscience &amp; Democracy)

5/3 RE—Mindful Eating/Cookbook

Session Goal:

Videos to watch/show:

Discussion Questions:

Reading:

Activity:

Reflections:

Notes

Sources:  
UUA.org