

# EarthCare (Teens): Imagination

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## Power Points for Facilitators & Teen Leaders:

- God is all good and active in everything, everywhere.
- I create my experiences by what I choose to think and what I feel and believe.
- I do my best by living the Truth I know. I make a difference!
- Classroom facilitators are here to draw out our youth. Teens lead the direction of our conversations and facilitators are guides along the way.

## Opening Prayer / Inspiration Reading

### Buddhist Metta Prayer

My heart fills with loving kindness. I love myself. May I be happy. May I be well. May I be peaceful. May I be free.

May all beings in my vicinity be happy. May they be well. May they be peaceful. May they be free.

May all beings in my city be happy. May they be well. May they be peaceful. May they be free.

May all beings in my state be happy. May they be well. May they be peaceful. May they be free.

May all beings in my country be happy. May they be well. May they be peaceful. May they be free.

May all beings on my continent be happy. May they be well. May they be peaceful. May they be free.

May all beings in my hemisphere be happy. May they be well. May they be peaceful. May they be free.

May all beings on planet Earth be happy. May they be well. May they be peaceful. May they be free.

May my parents be happy. May they be well. May they be peaceful. May they be free.

May all my friends be happy. May they be well. May they be peaceful. May they be free.

May all my enemies be happy. May they be well. May they be peaceful. May they be free.

May all beings in the Universe be happy. May they be well. May they be peaceful. May they be free.

If I have hurt anyone, knowingly or unknowingly in thought, word or deed, I ask for their forgiveness.

If anyone has hurt me, knowingly or unknowingly in thought, word or deed, I extend my forgiveness.

May all beings everywhere, whether near or far, whether known to me or unknown, be happy. May they be well. May they be peaceful. May they be free.

## Opening Affirmation

I am the perfect vision of my spiritual nature.

## Check In

When you think about our beautiful planet what is it you want to see more of. Once you have a picture in mind, let's begin a dialogue with "I imagine". As you imagine, listen to what it feels like in your body (for example: you might say I imagine a wild field as far as the eye can see and in this field I imagine wild horses running free. I imagine a cool breeze as my hair blows in the wind. I also see people living off the land and returning what they do not need. I see a nearby river where the horses stop to drink and I see people playing in the water. There is harmony.)

## Joy Song

### May All Beings Be Well & Happy

O May all beings be well and happy  
May all beings be free from strife  
May all beings return to love  
Peace be with you forever more

This peace dance is also known as "Return to Love" (by Amida Harvey).

1. "O may all beings be well and happy"-- turn to the right the palms up and as you are back at center hands should be facing the earth.
2. "May all beings be free from strife" -- turn to the left the palms up and back at center hands come down to the heart space and again face the earth.
3. "May all beings return to love" -- look to your partner touch your hands to your heart, open them wide and embrace in a hug.
4. "Peace be with you" -- you have used prayer pose and blessed your partner "forever more" one's arms should be straight upwards while changing place with your hug partner and moving on.

## Lesson – IMAGINATION

Quote – "I saw the angel in the marble and carved until I set him free." – Michealangelo

Scripture – "The hearing ear and the seeing eye, the Lord has made them both." – Proverbs 20:12

Imagination – What is this power? We are spiritual beings living a human experience. How does imagination work in this way? Through imagination we claim what we know to be true. Share stories of your truth and how you imagined it so. If you have trouble getting started, your truth is what you know to be true, that you feel, that you see and imagination is how we bring it to life in our everyday lives.

Is your truth always presented as you imagined it so? If we don't like the circumstances, the surroundings, the whatever we are attracting, we can change it. We build new images with the eye of the mind, our faculty of imagination.

As we use the power of imagination, we are able to release limiting thoughts and feelings by being open to or perceiving or glimpsing something greater than what we think we know to be true to what is Truth. "As we seek to develop our power of imagination for God purposes, we concentrate our attention at this point between the eyes and encourage the awakening of our power to picture God ideas ..." -- Rev. Winfred Hausmann,

As we practice the power of imagination, we can rewrite the story. We can change the narrative. When you think about our planet, and something comes to mind that you do not like, let's change the story right now. Let us all use the power of imagination and change the story. As we hold the intention and the vision of the new story it becomes the truth we know and begin to see.

## **Meditation/ Centering/ Mindful Moment**

Through meditation we center and still our minds. In this way we open ourselves to the power of imagination and listen to the messages of inspiration from a divine source that shows up in the form of images or maybe visions.

Begin by sitting in a comfortable position. Place your hands together in your lap and close your eyes. Take a moment to allow each part of your body to become completely comfortable -- your feet, your lower legs, your knees, your upper legs, your back, your chest, both of your shoulders, your neck, your arms, elbows, wrists and hands. As you feel the softening of your body, let us listen to our breathing. Observe your breath. (pause). Is it heavy or light, loud or soft, quick or slow? Gently close your mouth and begin to breathe in your nose and out through your mouth.

Breathe deeply, inhaling, then holding your breath for of four and exhaling. (Pause). Repeat, breathing in deeply.... holding for four.... and breathing out. Continue to breathe like this for a moment... (silent pause 10 seconds). Make this your last breath....

Using your imagination, picture yourself rising up and out of your body to a point above you where you can see yourself sitting below. As you rise, you see a beautiful white light, a bright and shining sensation surrounding your entire body. This light is filling every inch of your body and it is expanding and stretching and reaching out from around you. (Pause). Then imagine the center of this light coming from the center of your body. This white light has slowly turned brighter and now appears golden, almost like a golden circle radiating from its center. This golden light is flowing in every direction of your body, up and down, left to right, and from your center out. Imagine this light as it keeps expanding. It reaches farther and farther each time. The reach seeps from your center to the core of the earth, it rises to the highest mountain top. The light continues to move and to expand to the depths of the universe mingling with the moon and stars. This light feels like home. You are so drawn to this light at the center of your body you gently move from above right back into your body. As you do you begin to smile as you feel the amazing warmth, the beautiful glowing sensation of light all around you. Here you sit for a moment, just breathing in and out. (Pause for 10 seconds). Taking a deep breath in, you start to wiggle your toes, stretch your arms, begin to feel with your hands your arms, your legs and head. As you continue to breathe and smile, you gently open your eyes, look around feeling the blessing knowing you are home. Amen.

## **Creative Experience**

Let's think about how we can show others practical ways to change their lives and to make an Earth care difference. Using our power of imagination the possibilities are unlimited. We could create a play or skit, rehearse it and present to friends and families. We could also record it and post to social media. We could make posters, bumper stickers or a banner to share and to post. We could also make wearable buttons to hand out.

## **Blessings & Closing Prayer/ Inspiration Reading**

Moving forward into to this week, we pray for spiritual vision so that we may formulate plans and follow through with appropriate action. We understand ourselves, others and the important roles we have in blessing one another and our world. Thank you, God, AMEN!!!

## **5 Basic Unity Principles**

God is all good and active in everything, everywhere.

I am naturally good because God's Divinity is in me and in everyone.

I create my experiences by what I choose to think and what I feel and believe.

Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

I do and give my best.