



# JOURNEY IN... YEAR TWO THE DIVINE WITHIN MUSIC

## This lesson's Big Ideas:

- When we recognize that the Divine that is within us is also in every other human being, we feel compassion for ourselves and for others.
- Compassion, the deep understanding and sharing of another being's feelings, can be cultivated and nurtured.
- Acted upon, compassion contributes to our own well-being and the greater good of the entire world.

## Lesson Materials

- Drums
- CD of Tibetan monks chanting
- CD track MP3 of the mantra Sabbe Sutta
- Stopwatch
- CD of "I Will Be Your Friend" and photocopies of the words for kids to follow

## TEACHER REFLECTION AND PREPARATION

🕒 Ahead of time

Jesus said to them, "For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me." Then the righteous will answer him, "Rabbi, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?" And he will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." - Matthew 25:35-40

When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast, and limitless. You begin to discover how much warmth and gentleness is there, as well as how much space. - Pema Chödrön

A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. - A. Einstein

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

- The Dalai Lama

**YOUR FIELD  
EXPERIENCES:  
FEEDBACK AND  
NOTES**

## **GATHERING AND FOCUSING**

🕒 2-3 minutes

### **Drumming our Heartbeats**

Compassion is like being aware that another person's heart is beating just like your own.

Each child can take a drum. With one hand on our pulse (at our carotid artery or on our heart) and the other hand on our drum, take turns drumming our own heartbeats for a few seconds. Now, something a little trickier: can you drum someone else's heartbeat? Put your fingers on their wrist or throat to find their pulse and see if you can match its rhythm on your drum.

## **PRIMARY ACTIVITY ONE LISTENING: BUDDHIST CHANTING**

🕒 10 minutes

Some people become Buddhist monks and devote their entire lives to contemplating and living out compassion for other people. One way that many people pray is a rhythmic, musical method called chanting.

Let's listen for a few minutes to some Buddhist chanting. The words of this chant wish peace and wellbeing to every person that might be suffering right now. It's a chant that opens up the chanters' hearts to thinking about other people rather than just about themselves and their needs and fears.

### **Wondering Together:**

- I wonder how you felt while listening to this chanting?
- I wonder how the people chanting felt while they were doing it?
- I wonder what sounds, maybe words, you heard repeated...?
- I wonder how chanting can open your heart up to more compassion?

## **PRIMARY ACTIVITY TWO CHANTING TOGETHER**

🕒 5-15 minutes

We have a chant that we can chant together. It's in Pali, an ancient language that Buddhists chant in. The words are:

*SABBE SATTĀ SUKHI HONTU*

Sabbe - All

Satta - beings

Sukhi - happy and well

Hontu - may they be

Some monks chant this for hours and hours, even days and days, to practice opening their hearts to compassion for others. As the teacher, you can offer to the kids to be a time-watcher and help them to chant for a specific amount of time. How long do they think they could chant this? Do they want to know how long the last class decided to chant? (You might have to keep track with the stopwatch). We've kept a tally of class records on the chalkboard in years past. The kids enjoy challenging themselves to top past Sundays' records.

While they chant, encourage them to hold a picture of someone in their mind: their parents, a best friend, a grandma, a stranger, someone who is sick or hungry, the whole Earth and its people.

### **PRIMARY ACTIVITY THREE SINGING TOGETHER**

🕒 5-10 minutes

We'll sing the song, "I Will Be Your Friend"; It's Track 2 on the Teaching Tolerance CD. Copies of the words are in your classroom for the kids to follow as you all sing along. The words are simple and meaningful.

### **CLOSING AND LEAVE-TAKING**

🕒 2 minutes

Gather in a circle, assume a comfortable meditative position or take each other's hands. Speak these words, or words like them, the children repeating each line after you, the teacher.

The Holy is inside us  
And the Holy is inside everyone  
May we love and understand ourselves  
May we love and understand others  
May we love and understand the whole Universe  
May our hearts be tender  
May our minds shine friendliness into the world

*and/or*

We want others to be happy  
Let us practice compassion  
We want to be happy ourselves  
Let us practice compassion