



# 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

- Have link to recording of Tibetan monks chanting open and queued up.
- Optional: have link open to mantra Sabbe Sutta queued up.
- Have link to song "I Will Be Your Friend" open and queued up.
- Have this document open and scroll to page 4.

## 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

## **CHECK-IN**

🕒 5-10 minutes

Allow one of the teachers to lead the group in a name game, an icebreaker, a get-to-know-you questions, or a simple 'How are things?' moment. Spend more time if the group seems eager to connect with each other. Light the chalice and say:

We light this chalice as a symbol of our faith, the light of truth, and the warmth of love.

## **COVENANT**

🕒 3 minutes

Review the discussion of how the group wants to be together. Update the notes, if necessary. Save the covenant for future classes.

- Share this document on your screen, if you can.

## **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. Chanting opens up the chanters' hearts to thinking about other people rather than just about themselves and their needs and fears. Let's listen for a few minutes to some Buddhist chanting from the Gyuto Monks Tantric Choir. It is called Mandala Offering.

One teacher should have this link open and ready and share their sound at this point in the lesson. The first track is about three and a half minutes long and is Mandala Offering. [Gyuto Monks Tantric Choir: Tibetan Chants for World Peace - YouTube](#)

### **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**

🕒 5-10 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*. One teacher can share their screen and display page 5 of this document, which has the words and their meanings in large print.

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? You might have to keep track with a stopwatch.

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.

If you would like, you can use this video to chant with or to listen to. The chanting begins about 50 seconds in. [Sabbe Satta Sukhi Hontu - YouTube](#)

## **PRIMARY ACTIVITY THREE SINGING TOGETHER**

🕒 5-10 minutes

We'll sing the song, "I Will Be Your Friend." The words are simple and meaningful. One teacher should have this video ready at the beginning of class and share sound only. One teacher should share their screen so that the lyrics found on page 4 of this document are visible to everyone in class.

[I Will Be Your Friend on YouTube](#)

## **CLOSING AND LEAVE-TAKING**

🕒 3 minutes

Share this page on one teacher's screen. Join hands in a circle (by having everyone hold their hands up at the edge of the view of their camera) or ask everyone to assume a comfortable, meditative position. Speak these words, or words like them, the children repeating each line after you.

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

Unlight the chalice, saying: though we extinguish the light of the chalice here, we know that the light of truth and the warmth of love go with us in our hearts.

If you got troubles and you need a helping hand...  
If you got troubles and you need a helping hand...  
If you got troubles and you need a helping hand...  
Come to me, I will be your friend.  
I will be your friend (O' Lordy), I will be your friend.  
If you got troubles and you need a helping hand,  
Come to me, I will be your friend.

If you are hungry and you got no place to stay...  
If you are hungry and you got no place to stay...  
If you are hungry and you got no place to stay...  
Come to me, I will be your friend.  
I will be your friend (O' Lordy), I will be your friend.  
If you are hungry and you got no place to stay,  
Come to me, I will be your friend.

If you are lonely and you got nobody to love...  
If you are lonely and you got nobody to love...  
If you are lonely and you got nobody to love...  
Come to me, I will be your friend.  
I will be your friend (Mercy!), I will be your friend.  
If you are lonely and you got nobody to love...  
Come to me, I will be your friend.

If you got troubles and you need a helping hand...  
If you got troubles and you need a helping hand...  
If you got troubles and you need a helping hand...  
Come to me, I will be your friend.  
I will be your friend, I will be your friend.  
If you got troubles and you need a helping hand,  
Come to me, I will be your friend.

# *SABBE SATTA SUKHI HONTU*

Sabbe - All

Satta - beings

Sukhi - happy and well

Hontu - may they be