

JOURNEY IN... YEAR ONE DIVINE WITHIN MUSIC

This lesson's Big Ideas:

- All human beings are a union of flesh and spirit. There are many words and metaphors that help us talk about the soul as *enfleshed* or flesh as *en-souled*.
- Within every human being, there is something of the Divine. All bodies and minds house part of God.

Lesson Materials

- Several musical instruments
- Several empty, clean glass bottles (juice, wine, water, etc.)
- Spoons/mallets
- Water
- Funnels
- Measuring cup
- Guitar / recording of guitar chords for "I've Got A River of Life"
- Lyric sheets

TEACHER REFLECTION AND PREPARATION

🕒 Ahead of time

Our body is precious. It is a vehicle for awakening.

- Buddha

One tale [from a Native American tradition] is about how the person's shadow lives a life of its own. Each night, when one lies down to sleep, the shadow departs, going out to explore the world it is not free to explore during the day. The shadow may become quite intrigued by the large and strange world, and be reluctant to return home at daybreak. So it is necessary for the person, early in the morning, to hum the shadow home. Each person has a song that only its shadow will recognize, and the shadow must obey the hum. If one is too busy or too thoughtless, to hum the shadow home, the whole day will be difficult. Until the shadow comes home, the person is not whole, is not all together. It is like the person who got up on the wrong side of the bed – part of them is still missing. Humming the shadow home is necessary for harmony, for inner unity.

- Mary José Hobday
In Western Spirituality

GATHERING AND FOCUSING INSTRUMENTS' SOULS

🕒 10 minutes

Instruments need energy to bring them to life. Point out that an instrument does nothing—is 'dead'—until a human being gives it some energy.

- *Beforehand:* Select enough instruments for each student and put them on a visible shelf or make a pile in the circle.

TIPS FOR A SUCCESSFUL LESSON

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- First, ask students to look at the instruments without touching. Ask if they know what the word ‘vibration’ means, as all sound is the result of vibration. Which part of the instrument holds its ‘soul’?
- Then, have each student pick an instrument from your shelf/pile in the circle and hold it in their lap.
- Going around the circle, one at a time, ask each child to play their instrument and explain how they gave it the energy to make sound.

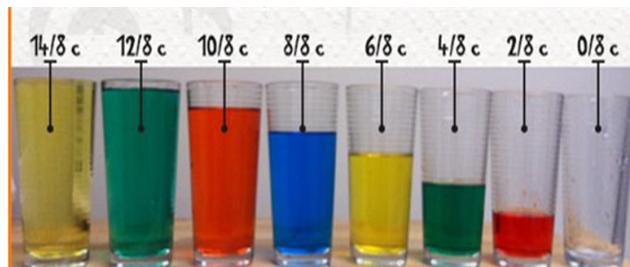
PRIMARY ACTIVITY ONE GLASS ORCHESTRA

🕒 20 minutes

The materials for this activity are simple: glasses with varying amounts of water and mallets to tap glasses.

Wondering Together

- Before you begin playing the glasses, name the children as ‘creators’. Like the powerful beings of creation myths, we have the raw materials for the ‘body’ of our instrument (the glass), which we must fill with spirit (water) before we make contact and bring forth ‘life’ from the instrument.



YOUR FIELD EXPERIENCES: FEEDBACK AND NOTES

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- (If the children have been to the story lesson or drama lesson, ask them to name some of the materials the creators used to form the human bodies in the world stories.)
- I wonder how our bodies came into being?
- Can something make music if it isn’t an instrument? Does ‘musical’ have to mean ‘human made’?
- How are the glasses different? The same?
- After we create the instrument, I wonder what we’ll have to do to bring them to life?
- What do you guess might happen with pitches (high/low) depending on amounts of water?

TIPS FOR A SUCCESSFUL LESSON

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Activity

- Pour varying amounts of water into each glass.
- Arrange the glasses in order of water amounts.
- When the glasses are arranged, invite the children to bring them to life by tapping them with mallets.
- Were guesses correct?
- What is vibrating and making the sound, the water or air? (*The water vibrates when tapped, versus air vibrating if one were to blow across the glass; having a different effect on the pitch.*)

PRIMARY ACTIVITY TWO
PART 1: HUMMING OUR SPIRITS HOME

🕒 10 minutes

- Read or summarize the reading about humming one's spirit home from the Teacher's Reflection.
- Ask the children to share stories about a really rough morning they've had, one where they just didn't feel like themselves and couldn't do even the simplest things. Perhaps the Native American belief explains this! We just have to call our spirits back by humming.
- Have everyone lie on the floor and try to figure out what their spirits' 'hum' might be. It'll get noisy, so have them put their hands over their ears. Can they remember their tune well enough to hum it several times? Would they like to share it?

PART 2: "I'VE GOT A RIVER OF LIFE"

🕒 7 minutes

Listen to "I've Got A River of Life" on CD. Then pass out lyric sheets and play a second time, inviting the kids to sing along with their whole spirit—loud, beautiful voices.

OR play on guitar with kids singing adapted lyrics (guitar cords and lyrics on following page). If they sing with their whole spirit—loud, beautiful voices,—for the first two verses, invite them to play a percussion instrument during the last verse.

“I’ve Got A River of Life”

- words by Kerri Meyer,
adapted from the words and melody by L. Casebolt

I’ve got a river of life flowing inside me
Makes my heart beat strong, helps my eyes to see
Rushes through my veins, part of one big sea
I’ve got a river of life flowing inside me

Refrain:

Rise up and dance, oh, my body!
Rise up and sing, oh, my soul!
Rise up and live, oh, flesh and spirit,
In this union, I am whole!

I’ve got a spark of God glowing inside me
Makes my smile warm, gives me light to see
Burns with love and truth, shows me how to be
I’ve got a spark of God glowing inside me

refrain

I’ve got the breath of Life blowing inside me
Lifts my spirits high, sets my body free
Whispers in my ears of the Mystery
I’ve got the breath of Life blowing inside me

refrain and finish

Chords: D G D/D Bm E A7 / D G D / D Bm D A D
refrain— D G D / D E7 A / D G D / G D A D

CLOSING AND LEAVE-TAKING

🕒 3 minutes

Teach the children the greeting word, *namaste* (pronounced evenly: nah-mah-stay). This Pali word translates as, “The Divine within me sees and greets the Divine within you.” Generally, the word is spoken with a gesture which the Thai culture names *wai*: the hands, pressed together, are held just above the heart and the head is bowed to meet the tips of the fingers.

Give the children time to say goodbye to each other and their Guide with this beautiful gesture.