Laura Murphy

Fall 2013

NCRP 410/405/490

**Power of Personal Practice: Be the Change You Want to See in the World**

1. **Subject/Content Dancing Spheres:**

* Empathy: Mindfulness: Wisdom: Self-Awareness

1. **Loving the Essential Questions:**

* What is empathy?
* What is wisdom?
* What is mindfulness?
* How is identity constructed?
* How can self-awareness be used to achieve peace?
* How do yoga/dance/meditation/mindfulness practices promote life-long health and wellness?
* How are yoga/dance/meditation/mindfulness related to neuroplasticity?
* How do yoga/dance/meditation/mindfulness practices build capacities to achieve inner peace and the ability to empathize with others?
* How do yoga/dance/meditation/mindfulness practices open pathways for teaching individuals to resolve conflict and to be effective community peacebuilders?
* What is The Way of Council?

1. **Educational Objectives Ontological Wholeness:**

* Life-long health and wellness practices
* Foster empathy for others
* Support responsible, creative living practices and empathy skills as foundational conflict resolution attitudes

1. **Transfer of Learning The Teachings**: see each LO…(why is this important to know?)
2. **Student Learning Outcomes (LO)**/**Learning Concepts (LC)**/will be able to/Taxonomic Indices (bottom-up: remember, understanding, application, analysis, evaluation, synthesis)

* **LO:** Practice dance and improvisational movement (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer**: Dance/yoga is a practice which coordinates and aligns the body and mind, through stimulating the muscular, circulatory, and various mental functions. The dancer/yogi is fully present in and focused on the dance/poses, the dance space/mat and other dancers/yogis within the space, the moment, the music, and the body. Mindfulness is as pragmatic as present time awareness and it is also the metaphysical space or portal which opens up through dance/yoga and creative expression is alive, spontaneous, and emotionally uplifting. Mindfulness is an actively engaged mental process exercising the brain, just as dance and yoga exercise the body. Exercise in general increases the brain’s capacity for neuronal firing and rewiring. Mindfulness practices such as dance, yoga and meditation are a means and an end to achieving a heightened, awakened state of consciousness, awareness and perhaps even enlightenment. Practices such as dance, yoga, meditation, and mindfulness promote neuroplasticity and happiness.

**Activities in sequential order (150 minute class):**

* 2 minutes. Form/Define Council and discuss guidelines for dialogical process
* 5 minutes. Silent, unguided meditation just to notice how scattered the mind is and how hard it can be to concentrate and slow our thoughts down; arrive
* 10 minutes. Warm-up #1: pre-stretch and pre-improvisational dance
* 5 minutes. Council circle; unity symphony
* 10 minutes. Define through dialogue, “mindfulness”, “Self”, “consciousness/intentionality”, discuss the purpose for setting intentions and projecting ourselves into the spaces we inhabit
* 10-15 minutes. Warm-up #2: post-stretch and improvisational dance; compare through dialogue experiential differences with flexibility and expression after completing both warm-up’s
* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 5 minutes. Discuss feelings and offer feedback about group work and team building process, not feedback to individuals, after practices
* Guided meditation begin at 10-15 and build up to 25-30 minutes for adults: **concentration** (bells, follow in-out breath, diaphragm raising, counting practices) **insight** (follow sounds, bells/gong trails, locate sensations in seeing/hearing/feeling and pleasant/unpleasant/neutral and locate feelings in the body and visualize those spaces) **loving-kindness** (define metta/loving kindness practices, forgiveness mantras, well-wishing, envisioning peace, happiness, success, health and wellbeing for self/benefactors/Earth/all beings)
* 10 minutes. Savasana. Debrief; dedication of merit; close circle.

**Assessments:**

Demonstrates heightened physical strength, flexibility, endurance and relaxation in the body as a result of Pre/Post stretch, yoga and dance

Analyzes experiential differences in practice and induced feelings after warm-up #1 to #2; stretching, dance, creative expression were easier and more enriched after warm-up #2

Expresses heightened emotional flexibility, endurance, vulnerability and empathy for self and group

Demonstrates an understanding of “consciousness” as well as the purpose for setting intentions

Demonstrates, expresses through reflection, and exudes a higher state of consciousness, clarity, ability to concentrate, mindfulness, joy, and serenity in debriefing

Demonstrates increased self-esteem and domain specific self-concepts

Expresses gratitude and fortitude for practice, Self and Collective efficacy in the dedication of merit; expresses hopes and visions for the journey of the praxis

Demonstrates trust, connectedness and group harmony building skills

Expresses any change in comfort and trust levels with others, due to group work

Understands the Way of Council and may feel prepared to facilitate a circle

* **LO:** Define and explore mindfulness and neuroplasticity (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer**: “Where neurons fire, neurons rewire,” and the brain becomes smarter or more skillful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness. Mindfulness is an actively engaged mental process exercising the brain, just as dance and yoga exercise the body. Exercise in general increases the brain’s capacity to propagate new neurons, which increases the flow of information and the ability to cultivate, understand and retain knowledge. Neuroplasticity is the brain learning new ways of thinking. Neurons stretch, balance, bend and strengthen, in essence neuroplasticity is brain yoga. Meditation techniques have the same effects on training the mind to be more flexible, present, adaptive and peaceful. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Dance and yoga promote neuroplasticity in the same ways and they also stimulate plasticity and trauma healing through practicing balance, rhythm, coordination, patience, concentration, and as result feelings of trust, connectedness, and joy arise. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.

**Activities in sequential order (140 minute class):**

* 2 minutes. Form/Define Council and discuss guidelines for dialogical process
* 5 minutes. Silent, unguided meditation just to notice how scattered the mind is and how hard it can be to concentrate and slow our thoughts down; arrive
* 10 minutes. Warm-up #1: pre-stretch and pre-improvisational dance
* 5 minutes. Council circle; unity symphony
* 1 minute priming of neuroplasticity, facilitator expresses through gesture
* 10 minutes. Remember from previous class, revisit and redefine through dialogue, “mindfulness”, “What is Self”, “consciousness/intentionality”, discuss the purpose for setting intentions and projecting ourselves into the spaces we inhabit. From a philosophical perspective, “What is being?” “What does it mean to be awake as oppose to asleep?” [perhaps read this definition if it seems beneficial and non-imposing: mindfulness is the act of paying attention to the internal and external elemental cohesion of our present moment experiences with curiosity, compassion, acceptance of and willingness to be with what is. Mindfulness is the acute sense of omnipresence on the continuum of past, present, and future. It is forgetting and remembering, action and non-action, being and non-being simultaneously. Mindfulness is non-attached, contemplative intentionality and the rawest form of responsibility.]
* 10-15 minutes. Warm-up #2: post-stretch and improvisational dance; compare through dialogue experiential differences with flexibility and expression after completing both warm-up’s
* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 10 minutes. Define neuroplasticity by watching a video on how yoga/dance/mindfulness/meditation effects the brain and discuss findings relating through dialogue
* 10 minutes. Living Body Temple, spontaneous group sculptural expression of a feeling inspired by class today
* 10 minutes. Savasana. Debrief; dedication of merit; close circle.

**Assessments:**

* Understands neuroplasticity
* Demonstrates neuroplasticity
* Understands mindfulness
* Demonstrates mindfulness
* Demonstrates heightened physical strength, flexibility, endurance and relaxation in the body as a result of Pre/Post stretch, yoga and dance
* Analyzes experiential differences in practice and induced feelings after warm-up #1 to #2; stretching, dance, creative expression were easier and more enriched after warm-up #2
* Expresses heightened emotional flexibility, endurance, vulnerability and empathy for self and group
* Demonstrates an understanding of “consciousness” as well as the purpose for setting intentions
* Demonstrates, expresses through reflection, and exudes a higher state of consciousness, clarity, ability to concentrate, mindfulness, joy, and serenity in debriefing
* Demonstrates increased self-esteem and domain specific self-concepts
* Expresses gratitude and fortitude for practice, Self and Collective efficacy in the dedication of merit; expresses hopes and visions for the journey of the praxis
* Demonstrates trust, connectedness and group harmony building skills
* Expresses any change in comfort and trust levels with others, due to group work
* Understands the Way of Council and may feel prepared to facilitate a circle
* **LO:** Practice yoga (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer:** **Dance/yoga is a practice which coordinates and aligns the body and mind, through stimulating the muscular, circulatory, and various mental functions. The dancer/yogi is fully present in and focused on the dance/poses, the dance space/mat and other dancers/yogis within the space, the moment, the music, and the body. Mindfulness is as pragmatic as present time awareness and it is also the metaphysical space or portal which opens up through dance/yoga and creative expression is alive, spontaneous, and emotionally uplifting. Mindfulness is an actively engaged mental process exercising the brain, just as dance and yoga exercise the body. Exercise in general increases the brain’s capacity for neuronal firing and rewiring. Mindfulness practices such as dance, yoga and meditation are a means and an end to achieving a heightened, awakened state of consciousness, awareness and perhaps even enlightenment. Practices such as dance, yoga, meditation, and mindfulness promote neuroplasticity and happiness. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.**

**Activities in sequential order (160 minutes):**

* 2 minutes. Form/Define Council and discuss guidelines for dialogical process
* 5 minutes. Silent, unguided meditation just to notice how scattered the mind is and how hard it can be to concentrate and slow our thoughts down; arrive
* 10 minutes. Warm-up #1: pre-stretch and pre-improvisational dance
* 5 minutes. Council circle; unity symphony
* 10-15 minutes. Warm-up #2: post-stretch and improvisational dance; compare through dialogue experiential differences with flexibility and expression after completing both warm-up’s
* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 5 minutes. Discuss feelings and offer feedback about group work and team building process, not feedback to individuals, after practices
* Guided meditation begin at 10-15 and build up to 25-30 minutes for adults: concentration (bells, follow in-out breath, diaphragm raising, counting practices) insight (follow sounds, bells/gong trails, locate sensations in seeing/hearing/feeling and pleasant/unpleasant/neutral and locate feelings in the body and visualize those spaces) loving-kindness (define metta/loving kindness practices, forgiveness mantras, well-wishing, envisioning peace, happiness, success, health and wellbeing for self/benefactors/Earth/all beings)
* 20 minutes. Learn 5-10 basic individual poses and how they flow into one another (quality and repetition not quantity), essential yogic principles concerning union and breath, history of yoga, concentrate on importance of praxis for strengthening the body and mind (neuroplasticity)
* Learn through observation and practice with instructor
* Practice learning through doing, define heurism through dialogue
* Dialogue about our practice, time for Q & A and breaking down poses
* 10 minutes. Savasana. Debrief; dedication of merit; close circle.

**Assessments:**

* Practice Partner/Group Yoga demonstrate trust/group harmony-building skills
* **LO:** Practice meditation (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer:** **“Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Mindful meditation is an actively engaged mental process of and direct experience in feeling the body. Mindful meditation envisions, projects loving kindness, cultivates forgiveness, notes and locates sensory experiences, insights, emotions, wondering thinking. Meditation exercises the brain, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Mindful meditation promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.**

**Activities in sequential order:**

* 2 minutes. Form/Define Council and discuss guidelines for dialogical process
* 5 minutes. Silent, unguided meditation just to notice how scattered the mind is and how hard it can be to concentrate and slow our thoughts down; arrive
* 10 minutes. Warm-up #1: pre-stretch and pre-improvisational dance
* 5 minutes. Council circle; unity symphony
* 10 minutes. Define through dialogue, “mindfulness”, “Self”, “consciousness/intentionality”, discuss the purpose for setting intentions and projecting ourselves into the spaces we inhabit
* 10-15 minutes. Warm-up #2: post-stretch and improvisational dance; compare through dialogue experiential differences with flexibility and expression after completing both warm-up’s
* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 5 minutes. Discuss feelings and offer feedback about group work and team building process, not feedback to individuals, after practices
* Guided meditation begin at 10-15 and build up to 25-30 minutes for adults: concentration (bells, follow in-out breath, diaphragm raising, counting practices) insight (follow sounds, in-out breath, bells/gong trails, locate sensations in seeing/hearing/feeling and pleasant/unpleasant/neutral and locate feelings in the body and visualize those spaces) loving-kindness (define metta/loving kindness practices, forgiveness mantras, well-wishing, envisioning peace, happiness, success, health and wellbeing for self/benefactors/Earth/all beings)
* Practice Metta mantras: May all beings be at peace, be healthy, be happy, be safe and loved...may loving kindness soften the hearts of all...may all beings be met with mercy and compassion
* 10 minutes. Savasana. Debrief; Dialogue, Q & A, break down the experience, give feedback; dedication of merit; close circle.

Assessments:

Demonstrates heightened physical strength, flexibility, endurance and relaxation in the body as a result of Pre/Post stretch, yoga and dance

Analyzes experiential differences in practice and induced feelings after warm-up #1 to #2; stretching, dance, creative expression were easier and more enriched after warm-up #2

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Demonstrates trust, connectedness and group harmony building skills

Expresses any change in comfort and trust levels with others, due to group work

Understands the Way of Council and may feel prepared to facilitate a circle

* LO: Define Empathy (LC: Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer: “Where neurons fire, neurons rewire,” and the brain becomes more skillful, peaceful and empathic through praxis. Empathy is the art of feeling with, sharing emotion, relating to and connecting with others. Empathy, like mindfulness, stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Learning how to be empathetic with ourSelves instills a sense of Self-worth, safety, belongingness, reciprocity and responsibility within our groups. The practice of empathy envisions and projects loving kindness and it cultivates tolerance and forgiveness to and for Self and others. Empathy exercises the heart/mind, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable when practicing empathy and connection with Self and others. Empathy promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased Self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity, learning and empathic connections.**

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* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 5 minutes. Discuss feelings and offer feedback about group work and team building process, not feedback to individuals, after practices
* Images of people living in poverty or with health hardships/disabilities, monastics receiving alms, bullying, environmental degradation, war symbols, people struggling, etc
* What do you see in these images?
* Understand poetic-harmony metaphors, double meanings, allegory, “emotional landscapes”, conscious creativity and setting intentions to be mindful and altruistic with our creative endeavors, projecting that mindfulness like a light in the dark, philosophical musings on radiating love intentionality, awareness of manifesting our thoughts from thought/spirit realm to physical realm, filling spaces
* “Authenticity” dialogue Council
* Learn about different teachers and practices; dialogue about which teachers and practices they felt connected too and why
* “I Honor You. Thank you for being your authentic Self” group bowing to each individual practice
* dialogue circle for council sharing and first guided reflective listening practice
* Reflective listening council dialogue circle
* How do these images make you feel? [Before/After meditation and yoga to compare and contrast/measure difference]
* Role plays
* Guided meditation begin at 10-15 and build up to 25-30 minutes for adults: concentration (bells, follow in-out breath, diaphragm raising, counting practices) insight (follow sounds, in-out breath, bells/gong trails, locate sensations in seeing/hearing/feeling and pleasant/unpleasant/neutral and locate feelings in the body and visualize those spaces) loving-kindness (define metta/loving kindness practices, forgiveness mantras, well-wishing, envisioning peace, happiness, success, health and wellbeing for self/benefactors/Earth/all beings)
* Practice Metta mantras: May all beings be at peace, be healthy, be happy, be safe and loved...may loving kindness soften the hearts of all...may all beings be met with mercy and compassion
* 10 minutes. Savasana. Debrief; Dialogue, Q & A, break down the experience, give feedback; dedication of merit; close circle.

**Assessments:**

* Demonstrates heightened physical strength, flexibility, endurance and relaxation in the body as a result of Pre/Post stretch, yoga and dance
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* Demonstrates trust, connectedness and group harmony building skills
* Expresses any change in comfort and trust levels with others, due to group work
* Understands the Way of Council and may feel prepared to facilitate a circle
* LO: Create Visual Art (**LC:** intention setting, conscious creativity, analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer: “Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through creative praxis’. Creativity stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and sense of Self in present time awareness. Creative expression is a way to tap into, develop an understanding of, channel, and vent emotions and manifest prayers, visions, dreams and desires. Mindful creativity, like meditation, taps into streams of consciousness and deep, abiding concepts of love and beauty we may have been previously unaware of. Creativity is an engaged mental process and can be directly experienced and felt in feeling the body. The outcome of creativity in visual arts is similar to a birthing process and the actual images are an entity channeling through the artist and the medium in order to emerge form the spirit or thought realm into physical reality. Michelangelo said that the art already existed in a slab of marble or whatever medium he worked with and his purpose was to liberate the art from hidden dormancy within the medium. Through creative expression artists locate and authenticate themselves simultaneously and vicariously through wonderment and implementation of that wonder via artistic media. Creativity exercises the brain, just as dance and yoga exercise the body and empathy exercises the heart mind. Mindful creativity promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity, learning and connecting with others.**

**Activities in sequential order:**

* 2 minutes. Form/Define Council and discuss guidelines for dialogical process
* 5 minutes. Silent, unguided meditation just to notice how scattered the mind is and how hard it can be to concentrate and slow our thoughts down; arrive
* 10 minutes. Warm-up #1: pre-stretch and pre-improvisational dance
* 5 minutes. Council circle; unity symphony
* 10 minutes. Define through dialogue, “mindfulness”, “Self”, “consciousness/intentionality”, discuss the purpose for setting intentions and projecting ourselves into the spaces we inhabit
* 10-15 minutes. Warm-up #2: post-stretch and improvisational dance; compare through dialogue experiential differences with flexibility and expression after completing both warm-up’s
* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 5 minutes. Discuss feelings and offer feedback about group work and team building process, not feedback to individuals, after practices
* Images of people living in poverty or with health hardships/disabilities, monastics receiving alms, bullying, environmental degradation, war symbols, people struggling, etc
* What do you see in these images?
* Understand poetic-harmony metaphors, double meanings, allegory, “emotional landscapes”, conscious creativity and setting intentions to be mindful and altruistic with our creative endeavors, projecting that mindfulness like a light in the dark, philosophical musings on radiating love intentionality, awareness of manifesting our thoughts from thought/spirit realm to physical realm, filling spaces
* “Authenticity” dialogue Council
* Learn about different teachers and practices; dialogue about which teachers and practices they felt connected too and why
* “I Honor You. Thank you for being your authentic Self” group bowing to each individual practice
* dialogue circle for council sharing and first guided reflective listening practice
* Reflective listening council dialogue circle
* How do these images make you feel? [Before/After meditation and yoga to compare and contrast/measure difference]
* Role plays
* Define intentionality through dialogue
* Demonstrate the setting of intentions through creativity, art prayers as heightened awareness and conscious creativity
* Watch video to learn about Tibetan Peace Flags
* Bjork’s video “Declare Independence”/dialogue about flags and creativity/making and taking up spaces with intention
* Create Empathy flags/trace our feet and hands on the flags/hang painted cloth strings of flags in areas youth believe need healing intentionality or just in the classroom to create ambiance
* Design positive impact projects [learned from Empathy Flag project]
* Guided meditation begin at 10-15 and build up to 25-30 minutes for adults: concentration (bells, follow in-out breath, diaphragm raising, counting practices) insight (follow sounds, in-out breath, bells/gong trails, locate sensations in seeing/hearing/feeling and pleasant/unpleasant/neutral and locate feelings in the body and visualize those spaces) loving-kindness (define metta/loving kindness practices, forgiveness mantras, well-wishing, envisioning peace, happiness, success, health and wellbeing for self/benefactors/Earth/all beings)
* Practice Metta mantras: May all beings be at peace, be healthy, be happy, be safe and loved...may loving kindness soften the hearts of all...may all beings be met with mercy and compassion
* 10 minutes. Savasana. Debrief; Dialogue, Q & A, break down the experience, give feedback; dedication of merit; close circle.

**Assessments:**

* Demonstrates heightened physical strength, flexibility, endurance and relaxation in the body as a result of Pre/Post stretch, yoga and dance
* Analyzes experiential differences in practice and induced feelings after warm-up #1 to #2; stretching, dance, creative expression were easier and more enriched after warm-up #2
* Expresses heightened emotional flexibility, endurance, vulnerability and empathy for self and group
* Demonstrates an understanding of “consciousness” as well as the purpose for setting intentions
* Demonstrates, expresses through reflection, and exudes a higher state of consciousness, clarity, ability to concentrate, mindfulness, joy, and serenity in debriefing
* Demonstrates increased self-esteem and domain specific self-concepts
* Expresses gratitude and fortitude for practice, Self and Collective efficacy in the dedication of merit; expresses hopes and visions for the journey of the praxis
* Demonstrates trust, connectedness and group harmony building skills
* Expresses any change in comfort and trust levels with others, due to group work

Understands the Way of Council and may feel prepared to facilitate a circle

* **LO:** Construct self-identity and self-resiliency (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer: “Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful, peaceful and Self-determined through praxis. Self-determination/realization/actualization, like mindfulness, stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness in present time awareness. Self-determination is the construct of which the individual organizes who the “I in the world” is and has much to do with the learning environment and actors/teachers within that environment. The Self is both delicate and resilient, it like any other Living being needs space to breath, develop, be nurtured and grow. The Self learns who it is through praxis, through Living and experience Life one moment at a time. Self-identified and Self-proclaimed peacemakers come to that Self-knowledge via practices which encourage the construction of a peaceful Self. Mindfulness of and engagement in that construction requires the empathy of others as teachers assisting or supporting the learner in their Self liberation struggle. The supporters’ empathy causes an empathic response in the learner encouraging the learner to take full responsibility for their personal experiences and Life. This empowerment nudges the learner to embark on their vision quest, Life path, vocation, and to dive deeply into their personal practices, dreams, aspirations, inclinations, and unique wonderment. Empathy, mindfulness and Self-determination encourage the growth towards becoming whole, towards becoming one’s own standard of their personal greatest potential and towards being more capable and willing to connect empathically with others. Mindful, creative, loving kindness practices encourage the Self to project the light of consciousness onto the one’s Self, one’s experiences and one’s journey as Life organically unfolds. Meditation exercises the brain, forms a clear and fluid send of self and dance and yoga are helpful avenues for experiencing bodily resonance as well as a spiritual experience, culminating in Self-determination. In general, most people learn more efficiently under less stressful conditions, in sacred environments, and when they are encouraged to be authentic. Self-determination is the construction and norming of the Self being a sacred, safe space for being and this Life space is where one may heal if need be, be creative, and ultimately experience vivid concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity, learning and connecting with others.**

**Activities in sequential order:**

* 2 minutes. Form/Define Council and discuss guidelines for dialogical process
* 5 minutes. Silent, unguided meditation just to notice how scattered the mind is and how hard it can be to concentrate and slow our thoughts down; arrive
* 10 minutes. Warm-up #1: pre-stretch and pre-improvisational dance
* 5 minutes. Council circle; unity symphony
* 10 minutes. Define through dialogue, “mindfulness”, “Self”, “consciousness/intentionality”, discuss the purpose for setting intentions and projecting ourselves into the spaces we inhabit
* 10-15 minutes. Warm-up #2: post-stretch and improvisational dance; compare through dialogue experiential differences with flexibility and expression after completing both warm-up’s
* 10-15 minutes. Rhizome priming, group harmony building. Partner/group yoga, Tree/balance and rooting/strength/reliance and trust/tenacity/flexibility/vulnerability poses
* 5 minutes. Discuss feelings and offer feedback about group work and team building process, not feedback to individuals, after practices
* Dialogue Council, reflect on Indigenous Nationhood/Idle No MoreNationsrising.org to define self/collective/identity resilience and restoration using the movement’s principles
* Be the Change: one person makes a difference
* “Who am I supposed to be?” dyad council, switch partners
* “Who do I want to be?” dyad council, switch partners
* “Who does the world expect you/me to be?” dyad council, switch partners
* “Who are you/Who am I?” dyad council
* Design personal dance move or yoga expression, present to group, hold for 15 seconds
* Journal and group dialogue about how yoga/meditation/dance fostered self-awareness, self-resilience, how the practices encouraged adaptability, creativity, spontaneity, strength, endurance and flexibility…journal about how it FEELS different, how the practices are transformational
* Journaling and creative writing to share with the group are different exercises. Journaling is personal and written unabashedly since there is no audience in mind and it is intended for emotional processing. Creative writing can be to share if the author so chooses to share. Learners will always know whether they are engaging in a journaling or creative writing exercise so they may be in full agency of what they share with themselves and with others. Because this is not therapy, learners are not encouraged to share deeply personal information but they are encouraged to awaken to themselves through the Self-determining, health and wellness practices.
* Guided meditation begin at 10-15 and build up to 25-30 minutes for adults: concentration (bells, follow in-out breath, diaphragm raising, counting practices) insight (follow sounds, in-out breath, bells/gong trails, locate sensations in seeing/hearing/feeling and pleasant/unpleasant/neutral and locate feelings in the body and visualize those spaces) loving-kindness (define metta/loving kindness practices, forgiveness mantras, well-wishing, envisioning peace, happiness, success, health and wellbeing for self/benefactors/Earth/all beings)
* Practice Metta mantras: May all beings be at peace, be healthy, be happy, be safe and loved...may loving kindness soften the hearts of all...may all beings be met with mercy and compassion
* 10 minutes. Savasana. Debrief; Dialogue, Q & A, break down the experience, give feedback; dedication of merit; close circle.

**Assessments:**

* **Demonstrates heightened physical strength, flexibility, endurance and relaxation in the body as a result of Pre/Post stretch, yoga and dance**
* **Analyzes experiential differences in practice and induced feelings after warm-up #1 to #2; stretching, dance, creative expression were easier and more enriched after warm-up #2**
* **Expresses heightened emotional flexibility, endurance, vulnerability and empathy for self and group**
* **Demonstrates an understanding of “consciousness” as well as the purpose for setting intentions**
* **Demonstrates, expresses through reflection, and exudes a higher state of consciousness, clarity, ability to concentrate, mindfulness, joy, and serenity in debriefing**
* **Demonstrates increased self-esteem and domain specific self-concepts**
* **Expresses gratitude and fortitude for practice, Self and Collective efficacy in the dedication of merit; expresses hopes and visions for the journey of the praxis**
* **Demonstrates trust, connectedness and group harmony building skills**
* **Expresses any change in comfort and trust levels with others, due to group work**

**Understands the Way of Council and may feel prepared to facilitate a circle**

* **LO:** Evaluate the impact of health and wellness practices and how they enable mindfulness (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer: “Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Mindful meditation is an actively engaged mental process of and direct experience in feeling the body. Mindful meditation envisions, projects loving kindness, cultivates forgiveness, notes and locates sensory experiences, insights, emotions, wondering thinking. Meditation exercises the brain, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Mindful meditation promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity, learning and connection with others.**

**Activities in sequential order:**

* Self-reflective journaling/poetry/haiku/open mic/council style group reflective listening/dialogue
* Groups of 3-5 choreographed silent sculpture as expression of that evaluation
* Whole group sculptural expression; silent, spontaneous generation performance

**Assessments:**

* **LO:** Practice empathic, mindful communication (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer:** **“Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Mindful meditation is an actively engaged mental process of and direct experience in feeling the body. Mindful meditation envisions, projects loving kindness, cultivates forgiveness, notes and locates sensory experiences, insights, emotions, wondering thinking. Meditation exercises the brain, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Mindful meditation promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.**

**Activities in sequential order:**

* Role playing practice scenarios
* Council dialogue/Group reflects back heard; speaker’s feelings
* Compassionate listening for underlying needs and requests
* Practice Empathic leadership skills [group work]
* Define Gandhian/Kingian Principles of Nonviolence, Satyagraha, Beloved Community, and the Triple Evils
* Nonviolent Communication

**Assessments:**

* **LO:** Apply mindfulness and empathy in resolving conflicts (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer: “Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Mindful meditation is an actively engaged mental process of and direct experience in feeling the body. Mindful meditation envisions, projects loving kindness, cultivates forgiveness, notes and locates sensory experiences, insights, emotions, wondering thinking. Meditation exercises the brain, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Mindful meditation promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.**

**Activities in sequential order:**

* Apply Empathic leadership skills

1. Youth lead group yoga, meditation, and dance/improvisation movement
2. Youth re-name yoga and dance poses and meditation practices

* Facilitate dialogue circles and peer mediations

1. Youth led council circle and reflective listening

**Assessments:**

* **LO:** Evaluate the impact of mindfulness and empathy practices (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer: “Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Mindful meditation is an actively engaged mental process of and direct experience in feeling the body. Mindful meditation envisions, projects loving kindness, cultivates forgiveness, notes and locates sensory experiences, insights, emotions, wondering thinking. Meditation exercises the brain, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Mindful meditation promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.**

**Activities in sequential order:**

* Journaling and poetry/Haiku/open mic/council style group reflection
* Council dialogue/Group reflects back heard; speaker’s feelings/requests/needs

**Assessments:**

* **LO:** Evaluate the impact of Empathic Leadership skills on self and group (**LC:** Analyze met(t)a-physics/met(t)a-environment of the Self)
* **Statement of Transfer:** **“Where neurons fire, neurons rewire,” and the brain becomes smarter, more skillful and peaceful through praxis. Mindfulness stimulates new ideas, induces relaxation, concentration, happiness and a heightened state of consciousness and present time awareness. Mindful meditation is an actively engaged mental process of and direct experience in feeling the body. Mindful meditation envisions, projects loving kindness, cultivates forgiveness, notes and locates sensory experiences, insights, emotions, wondering thinking. Meditation exercises the brain, just as dance and yoga exercise the body. Higher cognitive functions and states of consciousness are achievable through neuronal firing and synapse connecting, thus knowledge building, which occur during mindfulness practices of any kind. In general, most people learn more efficiently under less stressful conditions, in peaceful environments, and when the body and mind are calm and safe. Mindful meditation promotes neuroplasticity, self-identity and resiliency, trauma healing, creativity, concentration, clarity, and serenity. These heightened, positive states of consciousness and feelings arouse neuronal firing, forming new neural pathways, where curiosity and increased self-esteem flow, resulting in reward feelings which perpetuate the desire to practice, which perpetuates further neuroplasticity and learning.**

**Activities in sequential order:**

* Journaling/dialogue/open-mic
* Motivation to implement self-motivated and directed positive impact projects and peer mediations

**Assessments:**

6.

7. **Instructional Strategy and Rhizomatic Intentions to learn:** is this particular lesson helping the learners to learn why what they are doing is important, does the assessment show that the learner learned what they were supposed to learn

Reaction: How well did the students like the educational program?

Learning: What changes took place in the leaner as a result of participating in the educational program?

Discuss how each has been factored into the lesson plan.

The class I am designing, Power of Personal Practice, will empower, stimulate, inspire, and challenge the learner in a dynamic, fun, safe environment. It is especially invigorating because it addresses and meets our (we humans) fundamental philosophical and spiritual needs and desires to engage in our personal, historical and ontological journey towards becoming more whole human beings. Humans of all ages possess these needs and desires and the meeting of these needs will steer this class towards Self- realization and Self-actualization (Upanishads/Maslow/other Masters). A few of our basic needs and desires are to obtain sacred spaces to explore and understand ourselves as individuals and to connect with one another, to be creative and intentional, to experience the reciprocity of love and belonging in groups, to feel contentment and a sense of purpose in our Lives.

Most people will be able to take away something from a class with this focus because humans are very Self-oriented and Self-interested beings, it's just how we are wired and through mindfulness we can sculpt ourselves into the compassionate beings that we truly, already, are. This class is designed to inspire a memory and to assist learners in forging a personal path to the Self and liberation. Through our remembering together we will celebrate who we are as we become more fully whole and healthy human beings. We will open our minds and hearts through planned spontaneity, positive impact projects and through direct investigation of Self-awareness and Self-efficacy, Self-determination, mutual causality, group harmony and collective efficacy, nonviolence, mindfulness, empathy and loving kindness, wisdom, interconnectedness and inter-being, conscious awareness, happiness, trauma healing, forgiveness, conscious creativity and intention setting, communal leadership and peacebuilding.

The Power of Personal Practice curriculum centers around the concept of interconnected sustainability but on a more contemplative or spiritual level than how the term sustainability is often used and thought of. We will utilize the term in a conventional way for instance, “think global, act local and one person can make a difference,” and our approach will also be founded on humanistic, perhaps less conventional and mainstream, concepts which marry science, philosophy and spirituality. We will pragmatically explore present time awareness via channeling a sense of curiosity into being fully awakened within our direct experiences with the aforementioned topics. We will hold and share space in Council or dialogue circles and through brainstorming, reflective listening, creative writing and visual arts expressions. We will give our thinking/planning brains an opportunity to rest by diving into the realm of the body, of sensations both physical and emotional, empathically exploring the arousal of whatever personal experiences arise as a result of practicing dance, yoga, meditation and mindfulness.

Through dance, yoga, and meditation we will be emotionally, physically and spiritually activated, and even charged by one another, through partner and group exercises. These exercises will challenge leaners to become more intimately aware of ourselves and how ourSelves participate in an interconnected collective of Selves. Gently and indirectly, through meditation, dance and creative expression, we will develop a heightened awareness of the world we live in, and who we as free and independent beings want to be in the world. We will explore how or if we feel imposed on, perhaps victimized, by the world and circumstances in our lives. We will explore how we would like to contribute to the world, what we would like the world to give to us or how we would like to see our dreams manifest in the world, and if we would like to see changes in the world we will explore how can we personally embody and implement those changes in our own lives with the goal that our lives and intentionality be the tectonic, paradigm shift which evokes waves of love, good will and transformation. Although there will always be safe space for conversation, which can be therapeutic, these classes are not therapy sessions. Facilitators should be very careful to keep the focus on mindfulness, meditation, dance, yoga and creative practices and on the dynamic of group harmony in Council. The healing will happen on its own as we do the work, therefore facilitators may center their focus on the ethics of holding energetic, safe space for group cohesion by gentling directing the flow of the practices and not the individuals.

The lesson plan is a map or a blueprint for remembering, perhaps even forgetting that which is ready to be let go of (which is personal and need not be expressed necessarily as this is not a therapy session) with the purpose of being more fully ready to live in the present moment. All learning outcomes and activities are the cause and the effect, they are a goal oriented process, and as Kirkpatrick's model suggests, the goal or result of the class is a reference point from which to move backwards, so that the goal is always understood, always a factor in the learning process, thus achievable on some level. Simply because our goals to awaken and empower personal wellness practices are established from the start to finish in each class throughout the learning process. We can keep our "eye on the prize," which is personal peace, health and agency, concepts which are pertinent to every individual. We can engage with the perceived and attainable prizes through envisioning and feel them as if they are already a reality in our lives. We can even gently touch on deep concepts and perhaps heavy emotional issues simply by awakening to ourselves. We need not push or force the process because each learner will work at their own pace and the mindfulness, dance and yoga will do the healing. The transparency of this learning model is successful simply because the seed for learning and restorative practices are planted. Conceptually, the planting process is in and of itself a great success because it is both a means and an end. In essence, we will plant the seed, it will germinate and take root, and Nature will takes Its course. Models which propagate Life are abundant in Nature and we can easily find evidence which supports organic learning processes which celebrate human ingenuity and we can successfully mimic those models in our classrooms, community spaces and personal practices.

I have factored this backward mapping concept into the Power of Personal Practice through implementing activities which will produce specific transparent learning outcomes, outcomes which will be fully disclosed at the beginning of each session. Learners will have an understanding from the very beginning that the cause and effect of the class is to become and/or be fully present, joyful, empowered, activated, and peaceful people within our communities. Learners will understand and possess a hard-copy of the essential questions regarding our intent for gathering, learning and adopting various praxis, so they may refer to that copy as needed and dialogue about those questions will be on-going. Learners will be reminded and verbally primed during dance, yoga, meditation and other exercises and they will understand at all times why they are receiving certain information, why it is relevant or useful for them to know, why the information is flowing to them while they practice.

Learners will also have opportunities to facilitate mindfulness exercises and council circles, therefore they will be able to develop leadership skills through praxis of reminding one another that one empowered person can indeed make a positive impact on the world. Finally, to close each session the group will engage in a debriefing ceremony and dedication of merit achieved in class. Learners will have an opportunity to express gratitude, fortitude and intention to endure the challenges of becoming more fully whole beings, engaging in daily yoga practices, cultivating mindful, skillful ways of living and behaving in the world. Our group will understand and demonstrate a knowledge of causality and responsibility, which are the underpinnings of conscious, solution oriented acts of service.

Since the class trajectory will always be understood, learners will be able to track their own personal growth as they experience it. Some examples of personal growth may be expressed by learners as: feeling better, happier, more lucid, calm, comfortable and safe in their bodies; learners may emotionally, mentally, and physically experience a deeper sense of strength, flexibility and agility; learners may experience a decrease in feelings of hostility, a need to control others, fear and inhibition; learners may find it easier to collaborate and cooperate in groups. Learners will be able to track how they felt before and after each class. They will finish the series of classes with several artifacts such as at least one "empathy flag," which is like a Tibetan prayer for peace flag used to drape in public as a symbol of prayerful intention. Learners will develop personalized yoga and meditation practices, which will hopefully be the foundation for developing an ongoing practice and perhaps point of departure for other spiritual or health and wellness practices. Learners will be able to talk and write about, perform and exhibit how they feel if they so choose to do so, while held supportively by the group. They will have opportunities in each class to track how far they have come according to their own standards of personal wellbeing, where they are at present in their learning processes, and they will know where they are going, at least to the extent of knowing where the facilitator is taking them through the practices.

In essence, Power of Personal Practice is a co-created, group-led, shamanic journey of vision, intention, and healing. Learners will engage in their personal narrative and journey within themselves and through engaged activation that they will visit heightened states of consciousness which are vivid, valid, unique and personal. They will learn that developing a personal practice is about learning to consciously navigate through Life using creativity, empathy, mindfulness, and health and wellness as sails and anchors. The Power of Personal Practice focuses on inspiring passionate, communicative, creative, inquisitive, powerful, intentionally Self-directed, intrinsically motivated learners and community members. Learners will quickly develop an understanding that they are the master of their experiences. Whether the learner is able to attend multiple classes or just one, they will be able to take away important Life skills.

I/the facilitator will know whether learners are enjoying and benefiting from the class or not because we will engage in dialogical processes and other forms of Council in each session. Learners will be fully engaged and empowered to discuss and provide feedback with me about whether the process is empowering, fun, exciting and inspiring, or if it is not. I/the facilitator must always be open to and prepared to respond to the needs, concerns and feedback of the learners. The lesson plan Lives and Breathes, is present in the moment just like we are learning to be through the cultivation of mindfulness practices, consequently the lesson plan may change. We may recalibrate the course if need be in order to accommodate learners and to achieve the ultimate learning outcome which is to achieve group harmony and heightened states of consciousness which promote, and make easy, access to our innate human compassion, wisdom and ability to alleviate suffering in ourselves and in the world, thus guide us to attaining our own personal experience with enlightenment and peace.

Gandhi’s Satyagraha Wheel of **8** Principles of Nonviolence/Buddha’s Noble **8** Fold Path Dharma Wheel/Christ’s **8** Beatitudes/MLK’s Principles of Nonviolence and Frist Nation’s Medicine Wheel

**Power of Personal Practice/Emotional Sustainability Wheel of 8** [Visual Template]

* 1. Mindfulness
  2. Self-Agency and Efficacy
  3. Communal-Agency and Efficacy
  4. Conscious Creativity
  5. Empathic Motivation
  6. Empathic Communication
  7. Empathic Visionary Leadership
  8. Earth Stewardship

Other Conflict Resolution Skills, LO’s, buzz-words: Developing Confidence, Appropriate Assertiveness, Exhibiting respect, Self-regulation, Understanding Boundaries, Trust, Cooperation, Collaboration, Negotiation, Active/Reflective Listening/dialogue, Non-Verbal Cues, lean speech, Celebrating Diversity, Broadening Perspectives, Perspective-Taking

**Buddha’s 8 Fold Path**

* Right understanding: Understanding that the Four Noble Truths are noble and true.
* Right thought: Determining and resolving to practice Buddhist faith.
* Right speech: Avoiding slander, gossip, lying, and all forms of untrue and abusive speech.
* Right conduct: Adhering to the idea of nonviolence (ahimsa), as well as refraining from any form of stealing or sexual impropriety.
* Right Livelihood: Nonviolent way of making a living
* Right mental attitude or effort: Avoiding negative thoughts and emotions, such as anger and jealousy.
* Right mindfulness: Having a clear sense of one’s mental state and bodily health and feelings.
* Right concentration: Using meditation to reach the highest level of enlightenment.

**Christ’s 8 Beatitudes**

Blessed are...

* the poor in spirit: for theirs is the kingdom of heaven
* those who mourn: for they will be comforted
* the meek: for they will inherit the Earth
* those who hunger and thirst for righteousness: for they will be filled
* the merciful: for they will be shown mercy
* the pure in heart: for they will see God
* the peacemakers: for they will be called children of God
* those who are persecuted for righteousness' sake: for theirs is the kingdom of heaven

**Gandhi's Principles of Satyagraha**

* Love your enemy (As long as your love for truth and morality is stronger) Love would be a great way of naturally implementing the techniques of satyagraha
* Always be truthful. The truth should be one of your strongest weapons. So if people find out you have not been truthful, your satyagraha is lost
* Never use violence. Unnecessary harm to the opponent are completely inappropriate. We have the moral high ground, if we commit violence. They Win!
* Try to win your enemy over to your side. Act virtuously at all times, so as to make your opponent sympathetic to your efforts.
* Don't be angry; suffer the anger of your opponent. Anger leads to the desire to hurt your opponent, which is against the goals of winning hearts. Showing the strength of your commitment builds sympathy from the spectators, and weakens your opponent's heart.
* Wean your opponents from error with patience and sympathy. Act with loving kindness at all time.
* Establish the truth, not by infliction of suffering on your opponent, but by your own suffering. Making your opponent suffer causes destruction, not awareness of the truth. Your own suffering signals your commitment to what you think is right, and it makes people think about what is right.
* It appears to work slowly. In reality, there is no force in the world that is so direct or so swift in working.

**MLK’s 6 Principles of Nonviolence**

1) Nonviolence is a way of life for courageous people.

It is active nonviolent resistance to evil.

It is assertive spiritually, mentally, and emotionally.

It is always persuading the opponent of the justice of your cause.

2) Nonviolence seeks to win friendship and understanding.

The end result of nonviolence is redemption and reconciliation.

The purpose of nonviolence is the creation of the Beloved Community.

3) Nonviolence seeks to defeat injustice, not people.

Nonviolence holds that evildoers are also victims.

4) Nonviolence holds that voluntary suffering can educate and transform.

Nonviolence willingly accepts the consequences of its acts.

Nonviolence accepts suffering without retaliation.

Nonviolence accepts violence if necessary, but will never inflict it.

Unearned suffering is redemptive and has tremendous educational and transforming possibilities. Suffering can have the power to convert the enemy when reason fails.

5) Nonviolence chooses love instead of hate.

Nonviolence resists violence of the spirit as well as of the body.

Nonviolent love gives willingly, knowing that the return might be hostility.

Nonviolent love is active, not passive.

Nonviolent love does not sink to the level of the hater.

Love for the enemy is how we demonstrate love for ourselves.

Love restores community and resists injustice.

Nonviolence recognizes the fact that all life is interrelated.

6) Nonviolence believes that the universe is on the side of justice.

The nonviolent resister has deep faith that justice will eventually win.

**Notes on 8 Fold Path and 8 Beatitudes:**

It's fascinating how the teachings of Buddha in his Noble 8 Fold Path and Christ in his 8 Beatitudes complement one another so beautifully...so "Beatifically"...when we open our minds and hearts we can receive truth and blessings from all of the sacred texts, religions and great humanist teachers...all the different interpretations work so well together...they're the missing links for each other, they complete each other, they fill in each other's gaps...religion does not divide the people, it is the politics of war mongers who utilize religion/spirituality as scapegoats to forward their agendas who divide and confuse the people...the people do have a responsibility however because these strategies can only work if and when the people allow themselves to be divided from one another, from God, from Love, from Nature...various sacred, religious texts of all genres provide information which promote self and collective efficacy and peacebuilding, they explain different ways in which one may develop a personal relationship with Spirit, thus personal agency, cultivation and stewardship of personal power and creativity...all the sacred teachings, in their own rite, foster growth towards enlightenment, empowerment, empathy, creativity, mindfulness, happiness not rooted in materialism, faith in unconditional love, humility, and they promote service to and respect for Earth and all beings...

The Noble Eightfold Path is one of the principal teachings of the Buddha, who described it as the way leading to the cessation of suffering (dukkha) and the achievement of self-awakening. It is used to develop insight into the true nature of phenomena (or reality) and to eradicate greed, hatred, and delusion. The Noble Eightfold Path is the fourth of the Buddha's Four Noble Truths; the first element of the Noble Eightfold Path is, in turn, an understanding of the Four Noble Truths. It is also known as the Middle Path or Middle Way.

All eight elements of the Path begin with the word "right", similar to Christ's Beatitudes which begin with "Blessed are...". These denote completion, togetherness, and coherence, and can also suggest the senses of "perfect" or "ideal" and are also translated as "wholesome", "wise" and "skillful".

In Buddhist symbolism, the Noble Eightfold Path is often represented by means of the dharma wheel (dharmachakra), whose eight spokes represent the eight elements of the Path.