

Peulat Shabbat July 27- Week 5

Theme: "In The Jungle" (Nature)

Break into Machitzim groups. Introduce peulah by talking about how the jungle is a huge balancing act. Everything in the jungle depends on everything else in order for things to function smoothly.

Game 1 - Balance: Lay out a sheet on the ground. Have everyone in the group stand on it, and then have them try to turn it over while everyone remains standing on it. For example, tall trees provide shade for everything on the ground to thrive.

Game 2 - Accommodation: Each group receives two objects that are thematically similar and one object that has nothing to do with the other two. Chanichim will play a game that logically involves the two connected items, and will have to find a way to incorporate the last object as well.

Wrap up: When the balance is vulnerable or in danger, we have to change ourselves or accommodate in order to preserve stability.

Machon remains in their groups while Amitzim gathers as anedah.

Machon Reflection

- Putting yourself in a specific space where you know you can be the best 'you.' Even there, you aren't your whole self. Same is true at camp.
- Jungle is a calm, mysterious place
- Jungle has a very delicate balance of everything holding everything else in place (Machon reflection)
 - Example: taller trees provide shade so that other things can live on the ground
- Walking on sticks?
- Amitzim will have just come back from Etgar!

BALANCE IN JUNGLE

- When the balance is vulnerable or in danger, we have to change ourselves or accommodate in order to preserve stability
 - Activity: give each group two objects that are thematically similar and one object that has nothing to do with the other two. Chanichim will play a game that logically involves the two connected items, and will have to find a way to incorporate the last object as well (accommodation)
 - Flipping over a sheet that's laid out while everyone remains standing on the sheet (balance)

---- The va'ad struggled with getting excited about this idea, so instead they led a discussion on self-care and did a guided meditation.

PEACE, TRANQUILITY, AND HEALING -- Guided Meditation

Sitting comfortably or lying down with eyes closed, let's begin by becoming aware of the breath.....

Feel the breath as it enters with a cool feeling and then warming as it gently travels down into the lungs.....

Fill the lungs with a deep inhale, bringing in energy, vitality and life force.....

As you exhale, feel the body releasing toxins, stress and any negativity that has accumulated.....

Stay with this breath, focusing on the feeling of deep peace for ten deep inhalations and exhalations....

Feel the energy that is in the body....

Become aware of the warmth and tingling of every cell.....

Feel the energy that is in the extended environment, in every part of nature and in every living thing.....

Bring all those energies together and feel them as one.....

Visualize all of that energy shining brightly, as the sun.....

Bring the shining glow of bright energy over the crown of the head.....

Feel it starting to travel down into your body from the top of your head, slowly going down into your face and neck, traveling down into the shoulders, all the way down into the arms, down to the fingers.....

Feel the healing energy and light going down into your chest, all the way down to your hips.....

Feel it continue traveling down your legs all the way down to your toes.....

Your whole body is now filled with divine healing light and energy.....

Allow that healing energy to completely fill any physical area that needs healing energy.....

Feel it warming, healing and expanding through the area.....

Allow the healing light to bring peace and healing to any emotional issues or traumas.....

Bring your awareness to any intentions or desires that you may have.....

Hold the thoughts of those intentions or desires as you allow the healing energy to bring your deepest desires to life and your intentions into reality.....

Feel your connection to divine energy and light, and know that all is ONE.

Stay with this deep, relaxing, peaceful feeling of bliss.