

Great Wall of China-- South East Asian Body Prayer T'filot

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Program Type: T'filot

Approximate Duration of Program: 45 minutes

Group Size: Edah

One Line Description:

In honor of the Great Wall of China, which is one of the 7 wonders of the world, we will be doing a Tai Chi/ Body Prayer Psukei D'zimra / Warm up for prayer.

Overall Goal/Themes:

- Think about the ways that our body can praise God
- Connect T'filot to the theme of the Yom Meyuchad.
- Have a new experience for T'filot.

Methods Used:

Motions

Supplies/Resources Needed:

Every Chanich and Madrich needs to bring a towel. Male madrichim also need to bring their tefillin.

Siddurim brought out of the moadon.

A triangle or a gong.

Ideal Location and Room Setup:

Tennis Courts. Everyone in one big circle. Towels spread out like Yoga mats, or like Muslim prayer rugs. Every towel should be facing east.

Staff Preparation and Roles

Bring a towel. Lay out the towels bein hachanichim.

Instructions for Running the Program

- 1) Tell Chanichim and Madrichim to meet at the Tennis Courts at 7:30 with their towels. Make a big circle with madrichim bein hachanichim, and have everyone lay out their towel facing east. Ask everyone to take off their shoes and sit cross-legged on the towels.
- 2) Prayer leader will explain that in honor of Yom 7 Wonders of the World, we will be doing a Great Wall of China South East Asian Body Prayer Tefilot. Psukei Dzimra, the opening songs and prayers of our siddur, are intended as a warm up to prayer. Today, we will be using Body Prayer as our warm up, and then resuming our regular tefilot with the Barchu.
- 3) Prayer leader will quickly model the 7 motions of Body Prayer, and explain their meaning/significance. Each motion has an inhale and an exhale portion. All the motions are meant to be done slowly and deliberately, focusing on their meaning. Explain that this prayer is done silently, with the triangle separating between motions.
 - a. pushing evil away from our hearts
 - b. bringing goodness into our hearts
 - c. let the sky and the wind praise God
 - d. let the earth and the ground praise God
 - e. let the oceans and the rains praise God
 - f. let the whole world praise God
 - g. I am thankful. Expression of Gratitude.
- 4) Ask everyone to stand up. Begin with deep breathing. Inhale, exhale. Inhale, exhale. Sound the triangle. Do 30 repetitions of each motion, sounding the triangle between each. Sound the triangle at the end. Breathe deeply. Inhale, exhale. Inhale, exhale.
- 5) Madrichim who do not wear tefilin should pass out siddurim. Madrichim who do wear tefilin should QUICKLY put on their tefilin. Everyone should stay on their own towel for the rest of the service.
- 6) We continue with the Barchu.
- 7) When we get to the Shema, we will do the Shema one breath to one word.
- 8) When we get to the Amidah, we will talk about the 4th blessing (ata chonein) about

mindfulness and awareness.

9) Finish the service normally.