



Exploration 7

Feel with your heart

With a posture that you are working on, you are not just doing it, you are in it. Not just in physical postures but, in fact, in all other activities, it teaches one to reach their potential while always striving to exceed it.

MY NAME IS _____

I began this exploration on (date) _____

Give a 'tick' on the list below of those that you have completed:

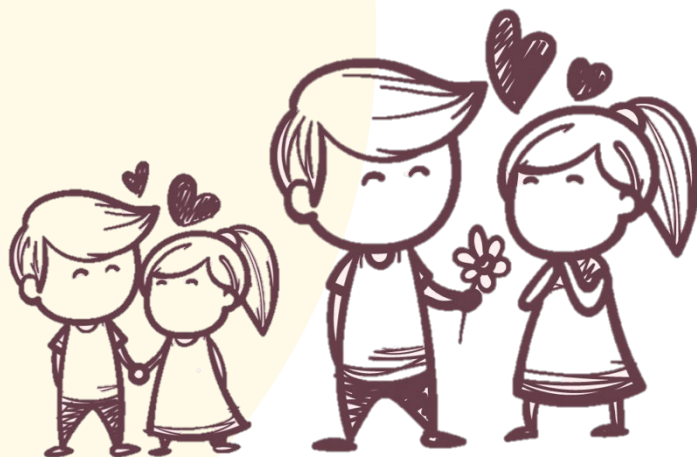
- DAY 1 Ways you like to feel love
- DAY 2 Show your love for the earth
- DAY 3 Paint a heart and offer it to someone
- DAY 4 Loving-Kindness Meditation
- DAY 5 Love your 'Tree pose'

Dear Parents,

There should be a mutual understanding between parent and child on this exploration of discovery. The context is elaborated for parent(s) to guide your child into the process of self-discovery. Videos are made available as reference to provide a better understanding that can be viewed in the members' portal. Also, join our community on the Facebook group page where parents come together to share their involvement through ideas and activities. There could be terms used throughout the exploration which may not be familiar to either one of you, however, you are free to use your own choice of words to describe the actions to improve the communication between parent and child. Enjoy the process of inclusivity, love and self-inquiry.

Day 1 – Feel with your heart

Ways you like to feel love



There are various ways to express love to someone.

How do you know when someone loves you?

Color each heart after you have completed it and add in more favorite ways to feel love.

Hugging

Doing
something
enjoyable
together

Make a
phone call to
find out
about the
person

Helping
someone

Day 2 – Feel with your heart

Show your love for the earth



A child can relate to nature at its best. Hence, showing loving actions by caring for the environment is one way we can learn about expressing love and embodying virtue. We can show love to everyone and everything around us by looking out for what each person or thing needs to be happy and healthy.

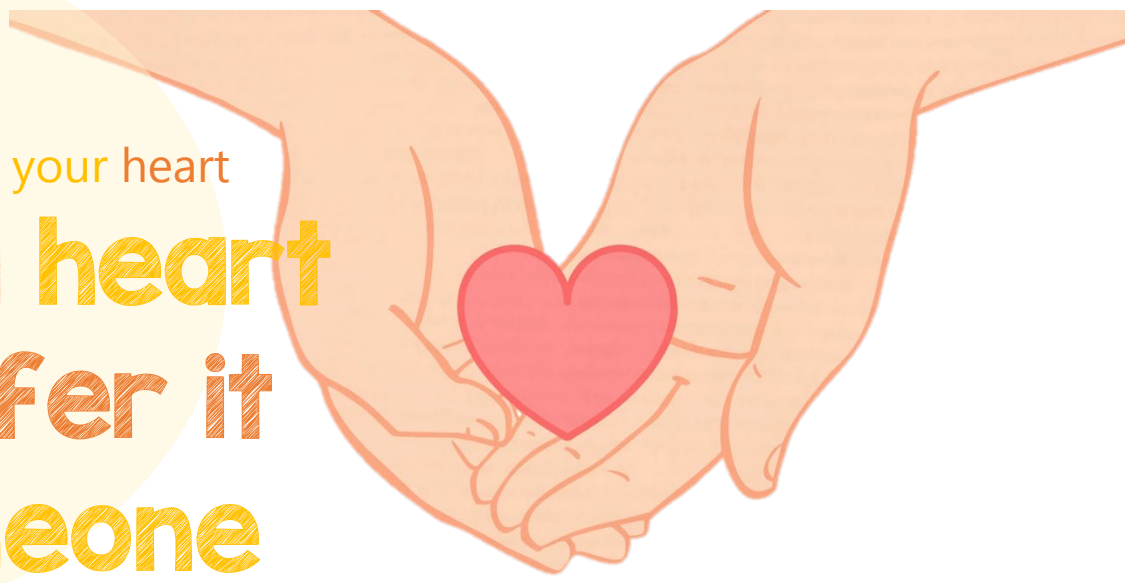
Below are some ideas of how you can show your love for the earth:

- Collect trash on the street
- Gather up recyclable items in your home
- Look out for weeds in your garden and turn them into compost
- Do some gardening outside
- Plant some seeds and watch how they germinate in a week
- Create a bird house out of recyclable items

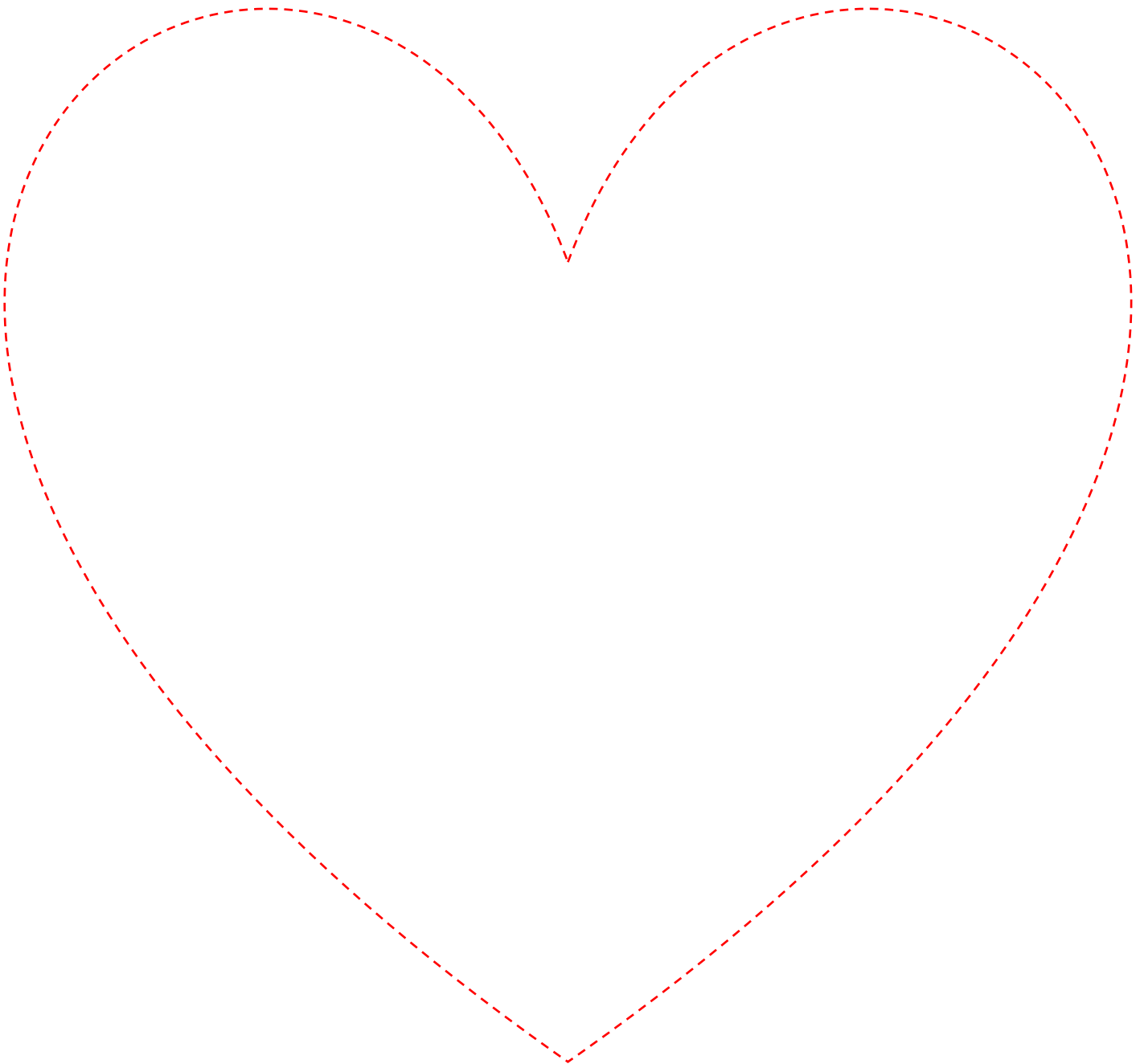
Tell us what you have done:

Day 3 – Feel with your heart

Paint a heart and offer it to someone



Think of a person that you would like to offer this heart to. Color it, paint it or decorate it in any creative way of expression that you would like to share and show to that special person.



Day 4 – Feel with your heart

Loving-Kindness Meditation



The loving-kindness meditation is an all-inclusive method that works for all ages and can be practiced anywhere, at any time and at any pace. It is an ultimate form of generous and selfless love towards ourselves and others.

Now, parents, you can guide your child with the following instructions of Loving-Kindness Meditation.

For the Self

1. Choose a comfortable position and close your eyes. The best time to do this is when you are calm and perhaps ready to tuck into bed.
2. Parent, repeat the words to your child: "*May I be happy,*" "*May I be safe,*" "*May I be peaceful.*"
3. Pause for a while to allow your child to absorb what the words truly mean and ask them how they are making them feel inside.
4. Take your own time to do this and explain to your child so they understand.
5. Once you are done with steps above, end your practice by saying – '*May I and everyone else be happy,*' '*May I and everyone else be safe,*' '*May I and everyone else be peaceful.*'

For Others

1. Choose a comfortable place and a good time when you and your child can spend some quiet time together.
2. With eyes closed, ask your child to think of someone that they love, someone they don't like, a stranger, and a group of people you spend time with every day.
3. Keeping all of them in mind, repeat the following words to yourself in silence – '*May you be happy,*' '*May you be safe,*' '*May you be healthy,*' '*May you be at peace.*'
4. Take as much time as you need to repeat the words.
5. Once you have finished repeating the words, end the session by saying, '*May you and I be happy,*' '*May you and I be safe,*' '*May you and I be healthy,*' '*May you and I be at peace.*'

Day 5 – Do with your heart

Love a Tree pose journey

The organ of the body that is closest to the soul is the heart. We want to express our way into a posture by feeling our way into it through love and devotion. In this way, we will work from our heart and not just our brain to create harmony.

A posture that is done with the right intention will help to transform an individual by taking the person away from awareness of just the body and moving them towards consciousness of the soul.

Let's stand like a 'Tree' pose. Our intention is to dedicate our effort of standing strong and tall to all trees on earth! Check out the video of Ean's 'The Tree Journey' available in the members' portal under Exploration 7. See how much fun he had on his day of looking out for some of his favorite trees in his neighborhood.



Balance on one leg for as long as you can. Try on each leg and see which is stronger.