

**CENTER FOR SPIRITUAL LIVING OLYMPIA
YOUTH AND TEEN CURRICULUM**

July 19, 2020

July Theme: Freedom/Choice

July's lessons encourage us to uncover our truth. Living in that truth, we get to experience ultimate freedom.

Week #3: Freedom – Living in Choice

Affirmation:

"I choose to live a kind and compassionate life, honoring all living beings and the planet that sustains them." Rev. Sandra Smith

Mindfulness practice and prayer: Ecstatic Dance

This month's mindfulness practice is a movement meditation to beat music (no vocals or very ambient sounds, choose what works for you). Everybody dances in any way they feel inspired – like no one is watching.

Spiritual Lesson: Living in Choice

One of the greatest gifts in life is choice. We are always at choice to choose how we act and react to the situations in life. There are many rules and tools we will learn along the path of life to help us make good and healthy choices. Our teachers, parents, mentors, friends all contribute to the direction we take and the choices we make. Today we are going to briefly look at three areas that will assist us greatly in Living in Choice: **Always tell the truth, stand up for what you believe in and be inclusive.**

Creative Expression: Our Story and Our Craft

Last week we talked about what stories we tell about ourselves and how to change the stories that don't match and what we want our future to look like or our truth. Our homework was to write a one page story describing a day in our life as if all of our things on our dream board already came true. We will take turns sharing our story.

Today we will also share our own uniquely designed craft that we worked on during the week.

July suggested reading: Peter H. Reynolds books – you choose!

I love Peter H. Reynolds books, simple yet profound and in alignment with our spiritual teaching.

The Dot
Sky Color

Ish
Playing From the Heart
Rose's Garden
Happy Dreamer

Other recommended books for our theme and the times:

Speak Up! By Miranda Paul
What Should Darla Do? By Adir Levy
Listening with My Heart: A story of kindness and self-compassion by Gabi Garcia