

Shambhala Meditation Center of Toronto
Bodhi School (5 - 14 Years Old) & Tiger Club (Under 5 Years of Age)
Saturday, Jan 30st, 3:30 pm - 5:30 pm
Cost: \$10 per Child

Bodhi School is a monthly program for children and teenagers from 5 to 14 years that will inspire them to explore meditation through the arts and guided imagery.

Some activities will be guided by a teacher while others involve mentoring the older children to take care of the younger children to develop their leadership skills. Children will learn to respect safe boundaries in which they can be creative and have fun.

Children under 5 are also welcome to play and bond with each other under adult supervision in their own space.

Parents are welcome to meditate and join in an on-going "parenting as path" discussion group.

Schedule:

On Saturday, Jan 30rd at 3:30 pm all children will line up outside the meditation hall and then enter the shrine room in single file. Once we are all seated in the shrine room we will do a warrior's bow together, and then sit for a minute. The Tiger cubs will be dismissed and gather in the community room and the Bodhi School children will sit another 4 minutes. Then we will do the Manjushri Chant. The Sakyong told the children at the Shotoku children's program at SMC to do this chant every day to make them smarter...

After that the Bodhi School class will start with the main activities of the day. John invited Karen Light to lead the children in a workshop on traditional Irish Music. Karen has many years experience as a musician and a teacher. Please bring the following instruments if you have them: penny whistle, ocarina, flute, recorder, violin and percussion instruments.

Tiger Club children under the age of 5 will meet in the community room where Wendy and Shawna will hold a morning of fun activities.

"Parenting as Path" Group: adults will meet with Harald for meditation, teachings and discussion. Since January 30th will be the last class before the end of lunar year we will explore the theme of transitions and life cycles to mark the end of the solar and lunar years. We will also review the "End of Year Practices for Families and Children". It is attached to this message.

Loving Kindness Contemplation & Sharing Circle: all the children and parents, will gather together to close our class with a joke and a minute of Loving Kindness Contemplation.

Clean up time for all the parents & children to make sure the centre is clean by 5:30pm.

Bodhi School Resources:

Warrior's Bow

Hold – Take good posture and hold it, feeling the strong earth beneath you and the big sky all around you

Feel – Feel the tender goodness in your heart

Connect – Make eye contact

Give – As you bow, give your goodness to each other

Manjushri Chant

Youthful Manjushri,

You have awakened heart, actions and wishes,

Knowledge, kindness and power,

As well as excellent, wondrous wisdom.

May I and others follow your example.

Manjushri Mantra: OM AH RA PA CA NA DHIH

The syllables are pronounced slowly and separately, not in one word. The DHIH at the end is said in this way: take a deep breath and say it over and over and over again until you are out of breath. Rinpoche said the young monks would make a competition out of seeing who could go the longest. This is now done daily at Shotoku.

Loving Kindness Contemplation

(Sakyong Mipham Rinpoche - Shotoku Children's Audience)

Think about your day. What did you like? What didn't you like?

Think of something kind that someone has done for you.

Think of something kind you have done for someone.

What do you love most about yourself?

For More Information contact John at crone.john@gmail.com or Harald at haraldd@rogers.com