



Catching an Affirmation

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Words saturated with sincerity, conviction, faith, and intuition are like an explosive vibration, which, when set off, shatter the rocks of difficulties and create the change desired.

—Paramahansa Yogananda, *Scientific Healing Affirmations*

Affirmations are powerful word tools to bring our thoughts, energy, and experience to the core essential truth of our being. They are positive, present tense statements of Truth. A fun way for children to experience affirmations is through creating and playing with an *Affirmation Catcher*.

An *Affirmation Catcher* is the *Origami Fortune Teller*, but instead of a fortune, the child creates and receives an affirmation about who they are at the core of their being. Creating the *Affirmation Catcher* gives the youth the opportunity to contemplate which qualities are related to that part of us that never changes throughout our life. Receiving the affirmation feels like receiving a precious gift. It resonates within our body and mind, bringing to conscious awareness that specific quality, so that it can be expressed into the world. Children can share the *Affirmation Catchers* with their friends and family, creating a community of people who experience and express their essential true nature.

How to Make an Affirmation Catcher

Use an 8”x8” piece of Origami or regular paper.

1. Horizontal, Vertical, and Diagonal Folds

- Flip paper over so white side is showing.
- Fold horizontally. Crease. Open up paper.
- Fold vertically. Crease. Open up.
- Fold diagonally. Crease. Open up.
- Fold the other diagonal. Crease. Open up.

2. Four Corners to the Center

- Fold all four corners up to the center. Crease.
- Flip paper over to the other side.

3. Write Affirmations

- On each of the 8 sections, write an affirmation in the form of “You are _____,” naming a different soul or core quality on each section. Examples are, *You are joyful*, *You are strong*, *You are creative*, *You are loving*, *You are courageous*, and *You are generous*.

4. Fold corners up to the center point. Crease.

5. Number the sections

- Write numbers 1 through 8 on the different sections.
- Flip over.

6. Write a yoga pose on each of the 4 sections. Choose yoga poses with different numbers of letters such as, *Cat*, *Tree*, *Cobra*, and *Runner*.

7. Final touches

- Fold horizontally and open.
- Fold vertically and open.
- Pinch the underside between your thumb and pointer finger and play!

How to play with your Affirmation Catcher

1. Start with the *Affirmation Catcher* pinched between your thumb and pointer finger of each hand with just the yoga poses showing. Ask your friend to choose a pose. Spell out the pose, moving the catcher from one pinched position to the other with each letter.
2. Have your friend look inside the catcher and choose a number. Count to the number, switching from one pinched position to the other. You can repeat this step several times.
3. Finally, have your friend choose another number. This time, open up that section of the catcher, and receive the affirmation!

Enjoy!

Rev. Elena Kanti Fritchle serves as Youth and Family Minister at the Center for Spiritual Enlightenment. Youth Spiritual Education is offered every Sunday morning, in afterschool yoga programs and at youth summer camp.

Complete visual instructions are on the CSE web site at:

www.csecenter.org/Events/Youth--Family/Lighting-the-Path-for-Children

