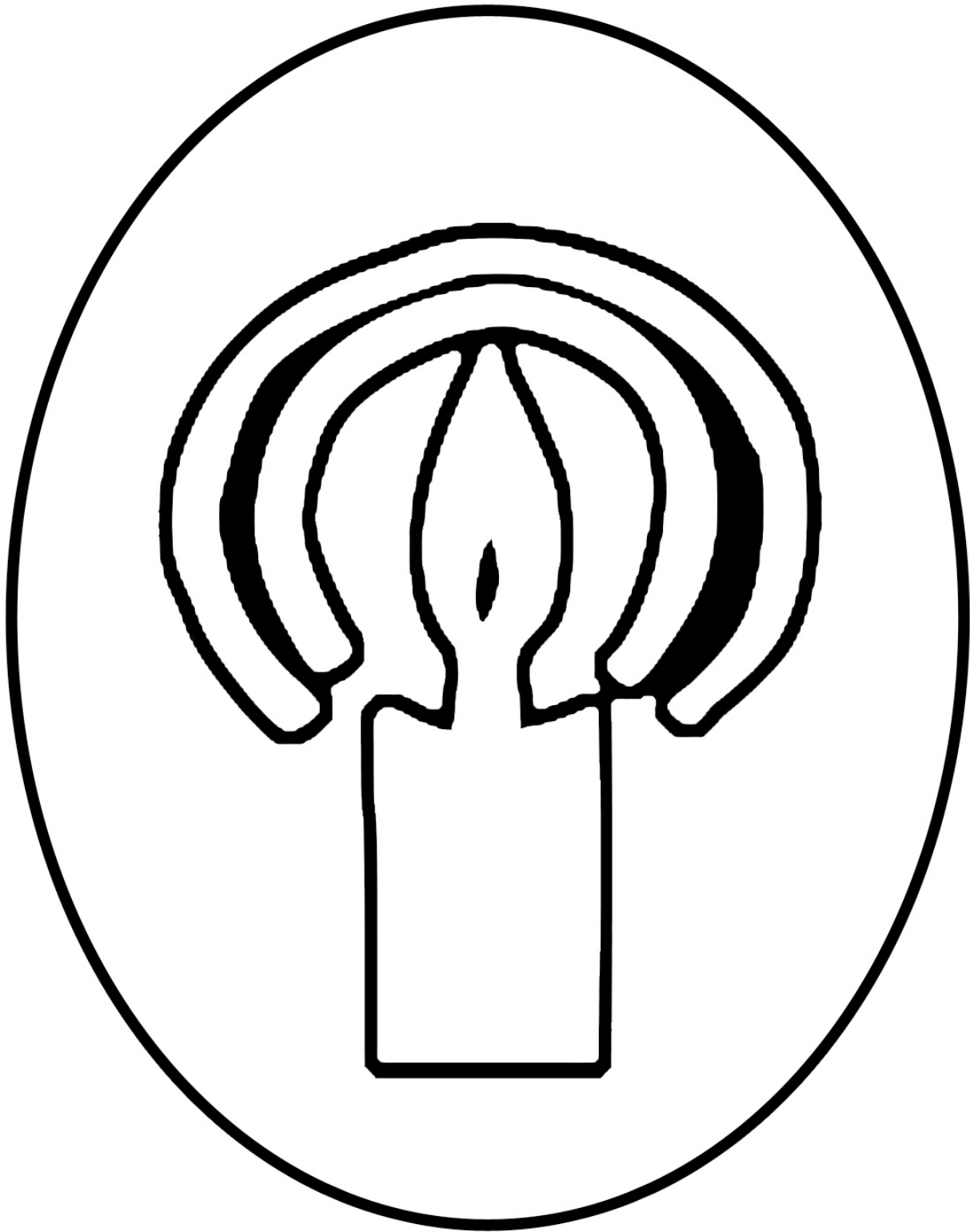


The Self - Atman



Activity – Celebrating Our Divine Qualities

Divine Qualities are how the Self reveals itself to the world. These qualities describe who you are at the core of your being. Here are a few ways for you and your family to strengthen and connect to your authentic Self.

Seat of Appreciation

- Place a chair in the front of a room and pick one of your family members to sit in the chair. The other family members sit or stand across from the chair.
- The person in the chair sits quietly.
- The other family members share kind words describing the person sitting in the chair.
- Keep sharing words until there are no more words to share.
- Ask the person in the chair how it felt.
- Invite a new family member to take the seat and repeat.

Found Object

For this activity, you'll be searching for an object in your house or outside your house.

- Think about each member of your family and their individual Divine Qualities.
- Find an object for each family member that represents these qualities.
- Take turns sharing your found objects and what they represent.

Family Refection

For this activity, you will need a pen or pencil, paper to write on. Answer the questions below:

- Identify 3 qualities that describe you. Divine Qualities such as Kind, Loving, Wise, Honest, Thoughtful, Patient, Creative, Intelligent, Open Minded, Sincere, Loyal, Imaginative, Courageous, Generous.
- Identify 3 Divine Qualities describing each family member.
- Take turns sharing what you wrote with your family.

Bonus activity - Use magazines, colored paper, colored pens, and other scraps and items in your house, to make a family collage representing your collective Divine Qualities.

Soul-Light Lamp Directions

Materials

Jar
Tissue paper
White glue
Water
Container for white glue & water
Tea lights (battery or rechargeable)
Paint brush - cheap

Optional Materials
Sharpies or silvered markers
See-through stickers
Cellophane shapes
See-through gems



- 1) Choose a jar
- 2) Choose several colors of tissue paper. Tear them into pieces, depending on size of jar - small jar then small pieces; larger jar, then larger pieces. Put your tissue paper in a bowl
- 3) Mix white glue and water, about 50% glue to 50% water
- 4) Paint your jar with glue mixture. Place tissue paper on jar. Paint glue mixture on top of tissue paper. Continue until all sides of the jar are covered
- 5) Set aside to dry
- 6) Add more see-through decorations! Examples of things to add include: see-through stickers and cellophane shapes, see-through gems, rosettes with tissue paper, and draw designs with Sharpie® markers
- 7) Let your light shine! Enjoy!



