



**TODAY'S TOPIC:  
Mystics and Sufis**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What is a mystic?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Images of ancient mystics.</li> <li>• Images or videos of Whirling Dervishes.</li> <li>• Bowl of water and a sponge.</li> </ul>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<p>Know that anyone can be a mystic.</p>

**BREATH:** Start with this breathing exercise that uses the elements. You might want to explain each element before your start as well as what it means to “purify” and where the solar plexus is located. This kind of breathing requires a lot of imagining! You might explain that energy moves through your body and sometimes it gets blocked. This breathing helps get rid of the blocks. You might also practice inhales and exhales.

1. **earth:** Begin by breathing naturally in and out through your nostrils. As you inhale, imagine that you draw the energy of the earth up into you. It circulates through your body and gives you strength. As you exhale, imagine that the earth draws all the heavy, yucky energies within you down into the ground to be purified and released. With each breath, you will feel lighter and clearer to the free flow of breath, life, and energy. **5 breaths.**
2. **water:** Imagine purifying yourself with the energy of water. Inhaling through your nose and exhaling through your mouth, envision a waterfall of pure, clear energy pouring down into you from above, flowing through you, and dissolving, purifying anything within

you that might block the energy moving through you. Feel that you are washed clean and clear, as this stream of energy and light flows through you. **5 breaths.**

3. **fire:** Inhaling through your mouth and exhaling through your nostrils, let the breath flow focus at your solar plexus as you inhale, and then rise up and radiate as light from your heart-center, shining out between your shoulder blades, and like a fountain of light up through the crown of your head. Inhaling fire, exhaling light, imagine that this circulation of energy is a purifying fire gathering any blocks and burning them light in the fires of your heart. **5 breaths.**
4. **air:** Inhaling and exhaling through your mouth, imagine the air element sweeping through you like the wind blowing through the spaces of your whole body, purifying any blocks that may remain. **5 breaths.**
5. **ether:** Breathing very gently through your nostrils, imagine yourself being purified by the “ether” that energy you can’t see but is all around you all the time. It dissolves any remaining blocks and lets your heart and mind open to be clear and vast like the infinite sky. **5 breaths.**

**ASK:** This is a breathing exercise used by mystics. What is a mystic? Maybe you have seen one in a TV show, book or video game.

- A person who is so close to God, they know things other people don’t. They have answers to spiritual and religious secrets and mysteries that other people have trouble understanding.
- They have direct communication with God or Spirit or Mother Earth or the cosmos or whatever name you give to the spiritual divine.
- Someone who can just be and let go of everything else. Truth seeker with a dedicated practice of communicating with God.

**EXAMPLE: Use the bowl of water and sponge. The way every part of the sponge directly soaks up the water is the way a mystic directly soaks up all the love and knowledge of God.**

**ASK:** Are mystics everywhere? Yes! They are in almost every country, culture and religion all over the world. Some people say mystics are the “golden thread” that connects us even if it seems like we have a bunch of differences.

**ASK:** What does it feel like to be a mystic? Joy, play, truth, love, peace, Oneness – connected to everything.

**ASK:** What does a mystic look like? Show images. Some people think it’s like an old man on a mountain top. But we’ve learned anyone can be a mystic. You can be a mystic. Being a mystic happens on the inside so it doesn’t matter your age or what you look like on the outside.

## How?

- NATURE: Spend a lot of time in nature where you can feel the good in all the living things.
- GET QUIET: Find a place where it is quiet. Create a welcoming place to be with God.
- LET IT GO: Let go of your feelings, let go of your stuff, have less.
- FOCUS ON YOUR HEART: Your heart is a direct doorway to God. Focus on generating qualities of compassion, joy, generosity, forgiveness, gratitude, and love.

**EXPLAIN:** In the religion of Islam, the mystics are called Sufis. Sufis especially believe the heart and love are the most important way to understand God. An important Sufi symbol is a heart with wings. The heart is between soul and body, a place between spirit and matter. Some Sufis believe music and dancing are the way. They are called whirling dervishes (**show picture or video**) and they spin in circles over and over again.

**AFFIRMATION** – I have God’s unlimited love. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .