



TODAY'S TOPIC:
The Lotus

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 can I do when things are not going the way I want?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Images of lotus flowers. • Images of lotus poses. 	<ul style="list-style-type: none"> • N/A 	Know some ways to move through a challenge.

ASK: What are some of our favorite flowers? Have we seen a lotus? What does it look like?
VISUAL – SHOW PRINTED OR ONLINE PICTURES OF LOTUS FLOWERS.

SAY:

- The lotus is a flower that is a symbol of learning, light, good fortune, love, beauty, and strength.
- The lotus flower opens in the light and closes in the dark.
- **MOST IMPORTANT** Grows in the lowest point of muddy swamps. Starts underwater surrounded by mud and muck but it grows toward the light past all the mud and dirty water. The stem gets stronger and stronger until it is almost impossible to break. Once it breaks the surface of the water it becomes a clean, beautiful, perfect flower.

IMAGINE: Picture something happening that you don't like. You're unhappy and freaking out. This is a “mud moment”. What can you do to get out of a mud moment? Learning to relax lets our brain figure out what to do when “mud moments” happen. When we are “freaking out” or are very upset, our brains can hardly come up with what to do, so it is important to learn how to calm ourselves down. If we practice, our brain will say, “I relax first when I feel the mud” instead of “I yell and scream first when I feel the mud.”

PRACTICE: Four types of Lotus Spiritual Practice to relax, be strong, and connect to

God:

1. **Sitting in the Lotus Position** -(see pictures online) Sit whichever way is most comfortable (legs on top or legs underneath) and put your hands on your knees palms up and open with the thumb and index figure touching in a circle.
2. **Lotus chant** -An ancient meditation chant ("mantra" in Sanskrit), "Om Mani Padme Hum," (pronounced UMM MAN EE PAD MAY HUM) roughly translates to "Hail to the jewel in the lotus."
3. **Lotus Flower Mudra** - Mudras are hand poses from the yoga tradition that help us to balance the energy in our body. They help our brain to relax and to focus.
 - One: put your hands together, all fingers touching
 - Two: slowly begin to bloom your middle fingers outward, just like a flower opening its petals to bloom. Keep your thumbs and pinkie fingers connected as the fingers fan outward to make a flower
 - Three: Now raise your fully bloomed flower up through the pond water to way above your head where your flower can sit on top of the water, fully blooming, soaking up the sun.
 - Four: Bring your flower down, still holding the pose, until your hands are in front of your heart. What words of love, kindness, sharing, friendship, are blooming from your flower? Listen closely and see if you can hear them?
4. **Lotus Visualization** - Have everyone touch their solar plexus (in the middle of their chest at the bottom of the rib cage where the ribs come together). Close your eyes and imagine planting a lotus seed right here inside of you. Water your seed with love and positive thoughts. Imagine it blooming like a lotus flower that keeps you out of the mud.



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/> .