



TODAY'S TOPIC:
Sacred Sound

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.

How does sound affect my body?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> • Singing Bowl (if possible) • Other sacred sound items 	<ul style="list-style-type: none"> • Videos of singing bowls. 	Know there are sacred, spiritual sounds that have a positive effect on our minds and bodies.

If you have singing bowls - BEFORE LESSON: Encourage and allow anyone who is interested to try out the singing bowls and or other sacred sound items. How to play a singing bowl – tap or strike on the outside with the mallet, then drag the mallet around the outside edge with light pressure in continuous circles to produce a “singing” sound.

If you do not have singing bowls – BEFORE LESSON: Watch some YouTube videos of singing bowls.

Things to notice:

- Does the sound get louder or softer?
- How long does the sound last after you stop moving the mallet?
- Do different size bowls make different sounds?
- How does it make you feel?

LESSON:

ASK: Do you think sound, things that you hear, can be powerful? Can it affect how you feel? What noises make you feel good? What noises make you feel uncomfortable or icky? Of all the noises in the world, there are some that are considered sacred, spiritual, and special. They are sounds that carry God energy.

ASK: One of these special sounds is the singing bowl. How did it make you feel? Why would people want to play singing bowls? It's fun. It makes you feel good. You feel connected to God.

EXPLAIN: Why would sounds like the singing bowls make you feel good? Some sounds, especially sacred sounds, have an amazing power. The sound goes into our ears and our bodies PLUS there are invisible energy waves that wash over our body just like water in a bath or at the beach. You can't see it or even feel it, but it is there. People even call the sound from singing bowl a sound bath. *Have everyone picture sound pouring over them like water.*

ASK: Why is it a good thing we can have these cool sounds and energy? Able to pay attention easier. Increase our creativity. Relax us. Helps us feel happy. Reduces pain. Connects us to God.

ACTIVITY: Sit comfortable in one spot, ideally sit straight like there is a string pulling you up from the top of your head. Play a you tube or musical track of singing bowls for 30-60 seconds. You can have your eyes open or closed. What did you notice from the sounds or your body?

EXPLAIN: Sacred sounds like this are sometimes called "ringing a bell". A sacred bowl is a form of bell. And we can invite the bell to sing.

ACTIVITY: Holding the singing bowl (or other sacred sound, or a bell) carefully in one hand, use the other to hold the mallet which can be called the "bell inviter". Touch the mallet gently to the bell one time, then strike the bell three times, pausing in between allowing the sound to grow and spread each time. When the bell is singing focus on your breathing and speak these words:

As I breathe in, I notice this beautiful bell.

As I breathe out, I open my heart to the bell.

As I breathe in, I let my breath touch my heart to the bell.

As I breathe out, I ask the bell to sing and touch the hearts of others with peace.

TRY IT: Sometimes we can use every day sounds to remind us of the same feeling we get from sacred sounds. We can also remind ourselves that God is here when a bell rings. What bells might you hear during the day? We use a bell to tell us to come to circle. Bells at school. Doorbells. Cell phone ring tones and alerts. Use the bells you hear to take you to the that calm God space.

BONUS MATERIAL:

How long ago were singing bells invented? 560-480 BC

What are singing bowls made of? Singing bowls are made of metal alloys, often copper and brass, like church bells. Some singing bowls are also made of quartz crystal.

Science behind singing bowls:

- The sound of the singing bowls may produce binaural beats, encouraging brain waves that help you feel relaxed, such as beta waves or trance-like theta waves. This is called entrainment, or stimulating brain waves through pulsing sound or light.
- The sound waves from the bowl act on the energy field of your body and cause you to relax.
- Singing bowls may work by their vibrations as well as sound.

Something to try:

- Ask for volunteer. While the child is relaxing, place the bowl on their stomach and ring it softly – the vibration of the bowl will be felt inside the tummy. Make sure you ask permission first!
- Partially fill the bowl with water to see the vibrations in action.

AFFIRMATION –I let positive sounds into my mind and body. repeat 4X

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