

# EarthCare (Teens): Release

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## Power Points for Facilitators & Teen Leaders:

- God is all good
- Releasing is surrendering to Spirit
- Choosing what to release and what to keep is part of creating our life experience.

## Opening Prayer / Inspiration Reading

“Elimination is the ability to cleanse and purify the whole being when you look at the whole picture, you’ll see the need to release and let go in order to prepare the way for greater good to come in. Just as you would remove weeds from a flower or vegetable garden in order to give the desired plants room to grow, so you must remove weed-thoughts from your mind to prepare room for your budding spiritual assets” (pp 41 P43 Unity pamphlet Discover Your God-Given Potential.).

Job 11:16 You will surely forget your trouble, recalling it only as waters gone by.

Sweet Spirit, I am open and respective to change. My heart guides me into action. Wisdom and strength support me in releasing that which no longer serves me. I welcome the good I make room for. I create an awesome life. Thank you Spirit! Amen.

## Opening Affirmation

I release and let go of anything that blocks Light and Love from flowing freely in my life.

## Check In

What was one positive experience this past week? What was one negative experience this past week?

Select an Ice breaker:

(from CT-35 Navigating University Transition Through the Utilization of Peer Leaders.pdf on <https://sc.edu/nrc/presentation/annual/2015/handouts/CT-35%20Navigating%20University%20Transition%20Through%20the%20Utilization%20of%20Peer%20Leaders.pdf>)

**LIGHTHOUSE-ROWBOAT** Have one person volunteer to be the lighthouse. He/she should stand at one end of the room on a chair facing the group. Have another person volunteer to be the rowboat. He/she should stand at the opposite end of the room with their back facing the group. The rest of the group should then position themselves around the room standing, sitting, and or lying on the ground in between the lighthouse and rowboat. These are the “rocks.” The rowboat cannot talk and must close his/her eyes. It is the lighthouse’s

responsibility to give the rowboat instructions on how and where to move so that the rowboat can make it safely to the lighthouse without tripping or falling. The lighthouse can give any kind of instructions they want, as long as they do not leave the lighthouse stand.

**BOAT:** Tell everyone that you are going on a boat, and only certain items are allowed on the boat. Each person should take turns asking if they can bring certain things onto the boat, and you tell them if they can bring those things on the boat or not. Only allow people to bring items on the boat that start with the same letter as their first name (ex. Jessica can bring Jelly Beans and Catherine can bring a cat, but Jessica cannot bring an oar or a suitcase). Keep going until everyone gets the trick. Variations include: people can only bring on items that have a double letter in their name (they can bring boots, books, balls, etc.), or they can only bring items that have the same number of syllables as their names (Jessica has three syllables, so she can bring gasoline and tennis balls, and Bob has one syllable so he can bring books, bats, and gas).

## Joy Song

*Let The Past Go-Go*, by Karl Anthony

<https://www.youtube.com/watch?v=rhwHL184Hrs>

*I Release and I Let Go*, by Rob McDonald and Rickie Byars

<https://www.youtube.com/watch?v=F1qufFBBGH0>

## Lesson – RELEASE

Release is the ability to let go of thoughts or habits that do not contribute to our wellbeing. Often these are ideas or actions which prevent us from being our best self or more fully expressing our Divinity. Our life can get clogged up if we hang on to fear, worry, and doubt or allow strong negative emotions to have power over us. We can get stuck or bogged down if we are unwilling to let go.

Each of the twelve powers are associated with a location in the body. The power of release is located in the abdomen. This is where our digestive system removes nutrients from the food we have consumed. Our digestive system rejects what our body does not need and claims what is good for it. Two words used to describe the power of release are elimination and renunciation. Elimination is the ability to remove. Renunciation is the ability to reject or deny the power of something and claim the spiritual truth. Through the power of release, we say no to thoughts or situations that are no longer for our highest good.

Now with this information consider what a wetland does for the earth. A wetland takes in water and removes pollutants from it providing healthier water.

What might happen if this function did not exist?

What other ways does the earth or nature release and let go or clear the way for the new?

What conditions might a person experience if the power of release is out of balance? Too much or too little?

What happens when the power of release is out of balance in the world?

What, if anything, is blocking Light and Love from freely flowing in your life right now?

Dreaming about potential alternatives can encourage us. The desire for something better gives us the strength to try new ways, or to let go of things that once were very helpful and useful to us. Let go of the good to get the better.

What is clogging your life? or What activities might be stopping you from being healthy and abundant?

What do you want to release?

## **Meditation/ Centering/ Mindful Moment**

Releasing Emotions (based on Peace is Every Breath by Thich Nhat Hanh, Chapter Riding Out the Storm: pp 46-49).

Prepare your physical body for meditation. Find a comfortable position sitting or lying down. Now prepare your mind for meditation. Focus your attention on your breath. As thoughts attempt to draw your attention away from your breath simply say later. Or Not now.

“Keep your mind entirely on the belly as it rises with every in-breath and falls with each out-breath. Breathe deeply, maintaining full attention on your abdomen. Don’t think. Stop all your ruminating, and just focus on the breathing” It may be helpful to place your hands on your belly.

(focus on your breath for a moment or two) ...

Imagine a tree in a storm with strong winds.

“..the treetops are thrashed around and run the highest risk of being damaged. The trunk of a tree is more stable and solid; it has many roots reaching deep into the Earth. The treetops are like your own head, your thinking mind.

When a storm comes up in you, get out of the treetop and go down to the trunk for safety. Your roots start down at your abdomen, slight below the navel, at the energy point known as the *tan tien* in Chinese medicine. Put all your attention on that part of your belly, and breathe deeply.”

Feel the solidness of being here. Any negative emotions or ideas exit your body and mind as you exhale. Affirm I am safe. I am calm. I release and let go of anything that blocks Light and Love from flowing freely in my life. I fully express my divinity. In the silence I am ...

I have passed through the storm unharmed. I have cleared the way for peace and happiness. I am ready to be the best me.

And so it is!

## Creative Experience

Being the best wetland.

Supplies:

A container of craft supplies with enough “pollutants:” broken, unappealing, or useless items added in so that each person can remove up to 3 of them and still have some “pollutants” left behind.

Ten second timer.

Activity:

Objective: As a group we are going to perform one of the functions of a wetland and remove as many pollutants as possible from our container of craft supplies before we use them to create.

How to play:

Each person can remove up to 3 pollutants. A pollutant is any item an individual judges to be trash, broken, negative, unappealing, that won't be good to keep. Before each person begins removing items each person says the affirmation: I remove what blocks Light and Love from flowing freely in my life.

You will have 10 seconds to say the affirmation and remove your items. After removing your items reset the timer and pass the container to the next player.

With the remaining items create something, anything using all the remaining material in some way.

Discussion:

How did the requirement of using the “pollutants” hinder creating?

What does the remaining “pollutants” symbolize to you?

If we did this activity again, what would you change?

How do you relate this activity to the power of release?

## Blessings & Closing Prayer/ Inspiration Reading

“As you develop this power, be sure to keep in mind that renunciation is not a negative, fighting activity, but a positive nonresistant method to cleanse and purify the consciousness.” (P43 Unity pamphlet, *Discover Your God-Given Potential*).

Centered in Love. I peacefully release and let go. I am grateful Spirit guide me. And so it is. Amen.