

**Being at home
in an Ocean of feelings**





**I am here
I am alive
I am home
All is well**

ZEN TRIVIA

Answer me
these questions
three!



**How much
of the
Earth's
surface is
covered in
WATER?**



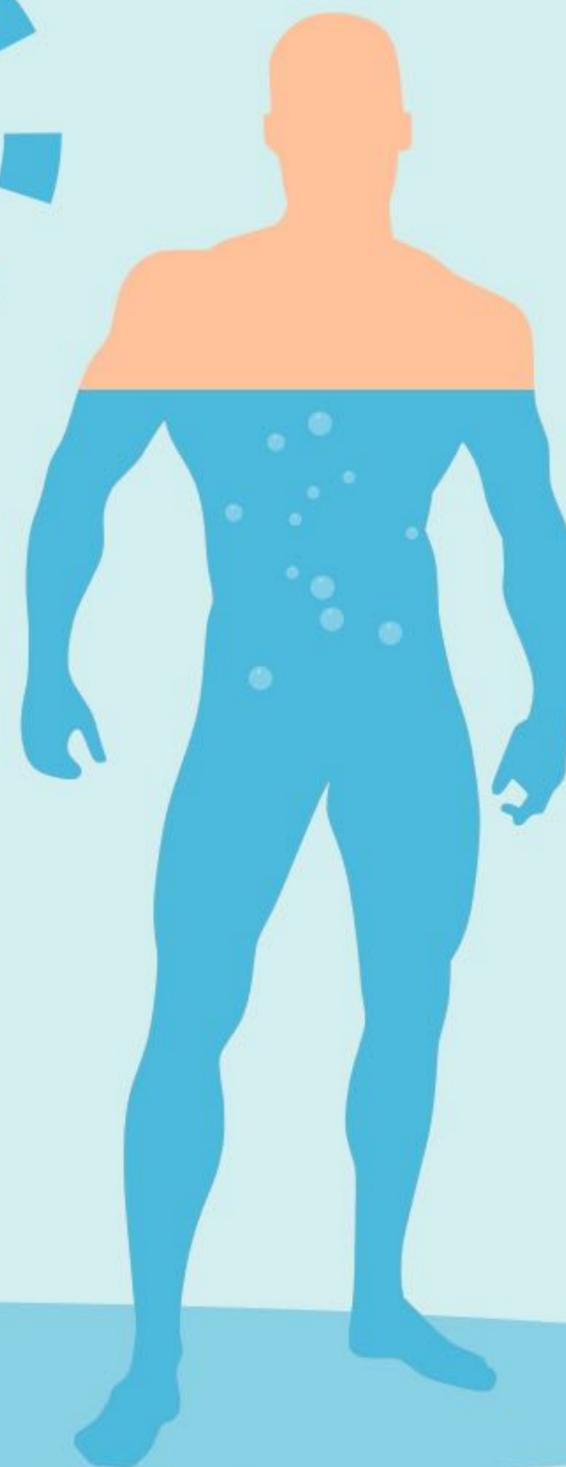
Water covers about 71% of the earth's surface. 97% of the earth's water is found in the oceans (too salty for drinking, growing crops, and most industrial uses except cooling). 3% of the earth's water is fresh.



Interestingly, the percentage of water in the human body can vary between roughly 45–75% as well.



70%



**What is the
oldest fish
in the sea?**



THE GREENLAND SHARK

A 2016 study examining these cold-water sharks' eyes found one female estimated to be around 400 years old.



© picture-alliance/dpa/Oceans Image



This means that the Greenland shark is not just the oldest fish, but probably the oldest of all vertebrates (animals with backbones).

Other facts:

- **One of the largest sharks**
- **One of the slowest swimming speeds of all fish species.**



© picture-alliance/dpa/Oceans Image

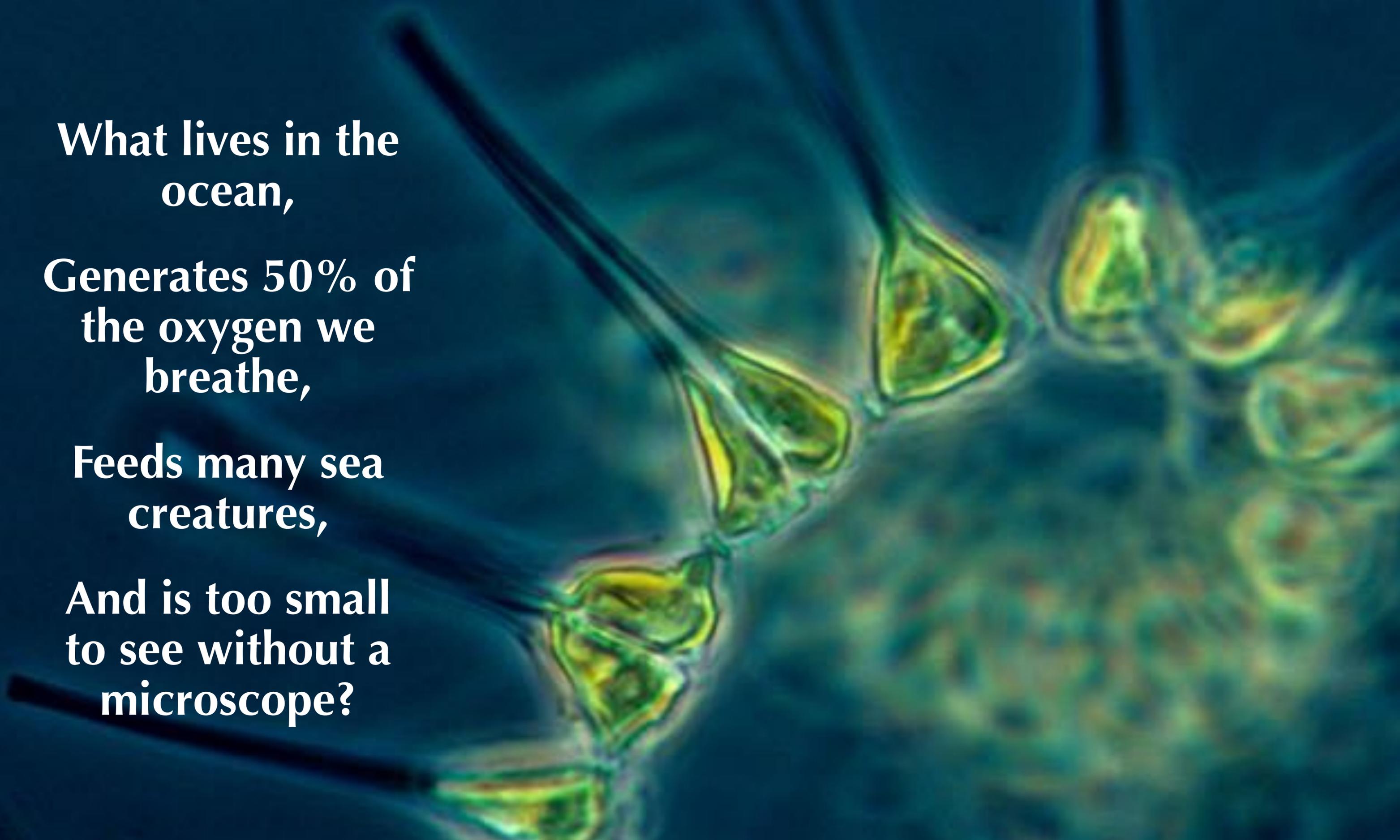


**What lives in the
ocean,**

**Generates 50% of
the oxygen we
breathe,**

**Feeds many sea
creatures,**

**And is too small
to see without a
microscope?**



A dense, colorful collage of various planktonic organisms, including bacteria, protozoa, and larger marine life, set against a black background. The organisms are diverse in shape and color, ranging from small, round cells to elongated, multi-segmented forms. Some are translucent, while others are brightly colored in shades of blue, pink, yellow, and green. The overall composition is a rich, detailed representation of the microscopic world of plankton.

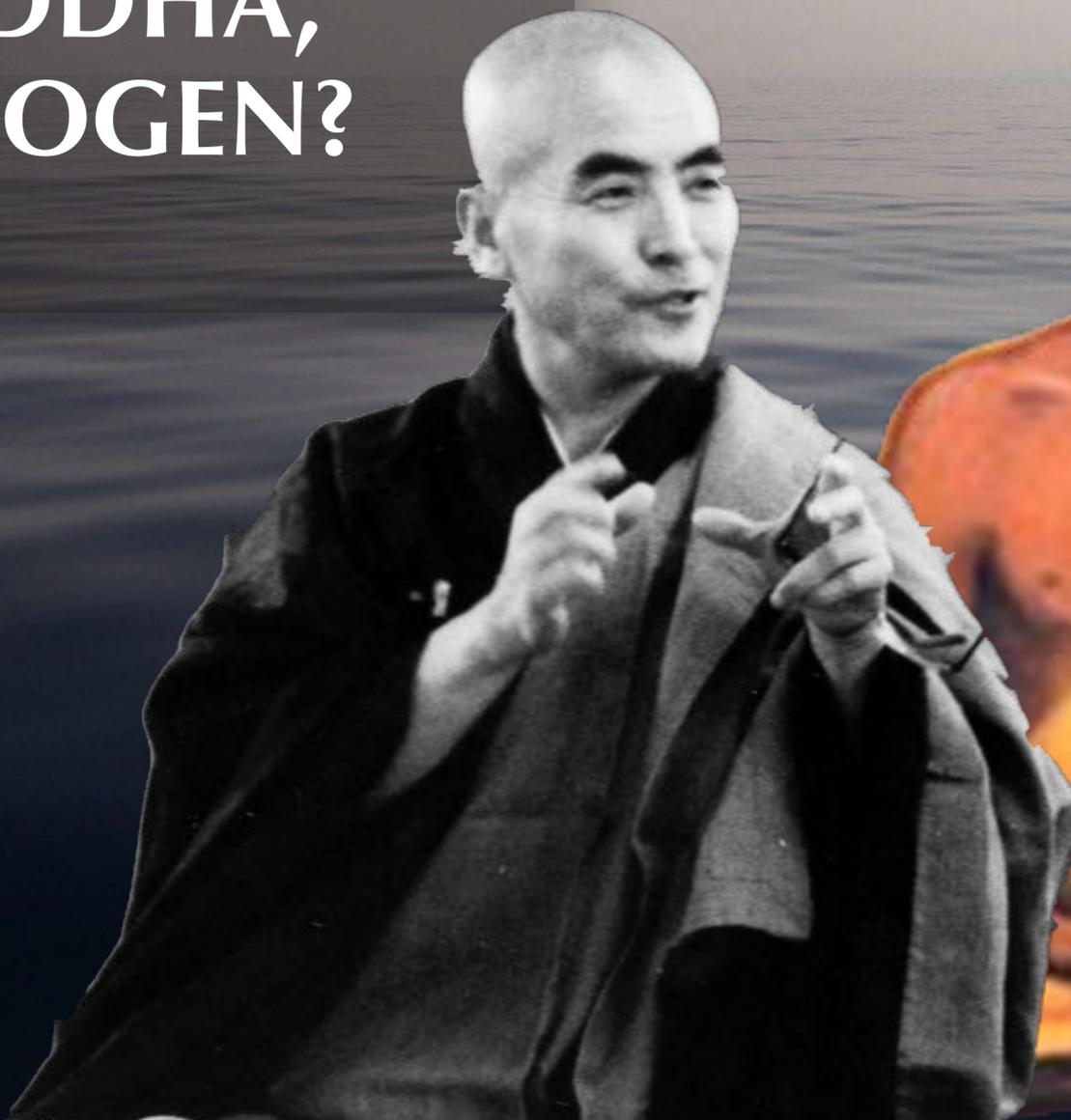
PLANKTON!



Link: <https://www.youtube.com/watch?v=cVRxYEzC6Ng>

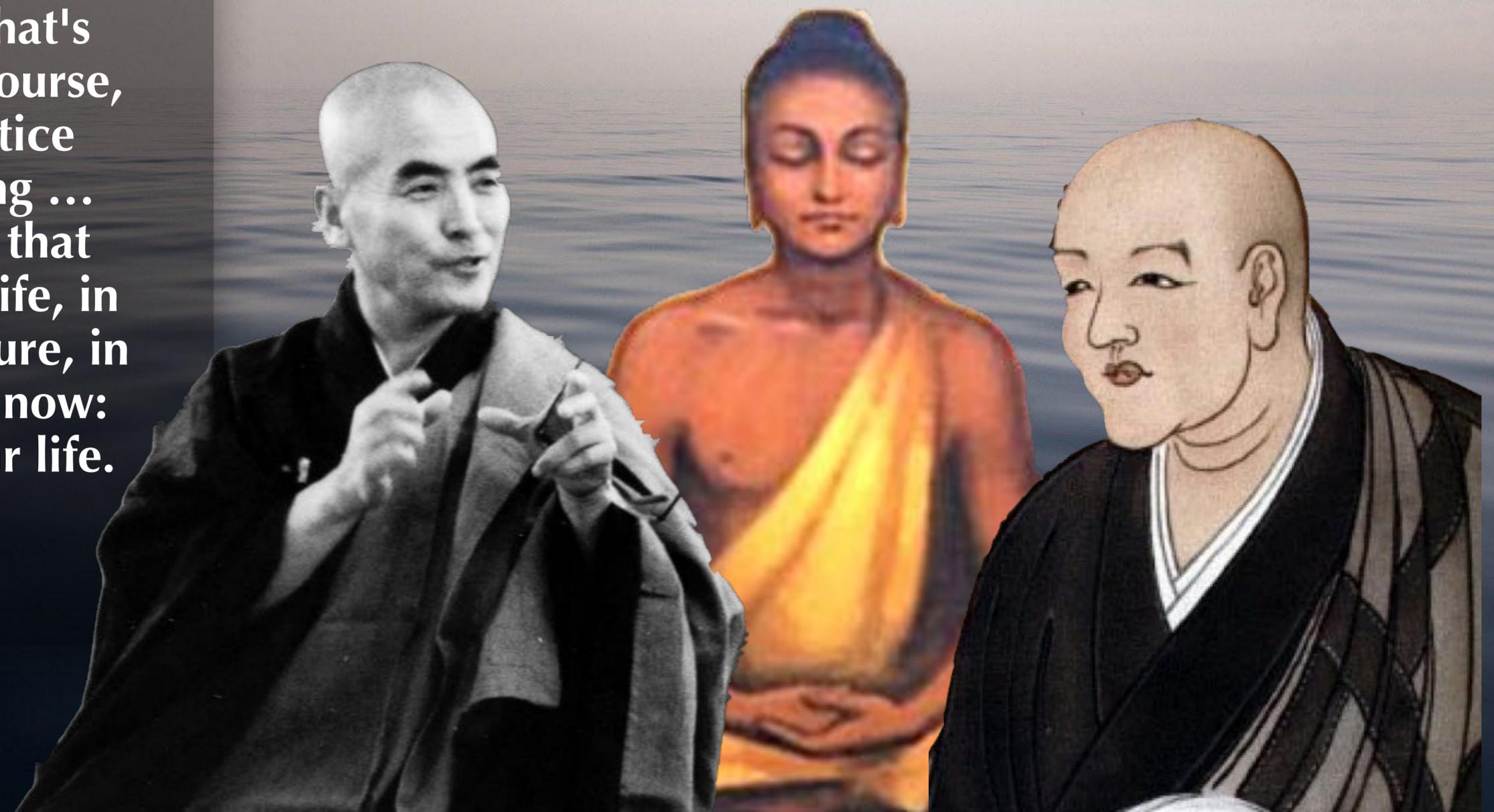
Plankton Love Song!

Game:
**KATAGIRI,
BUDDHA,
or DOGEN?**

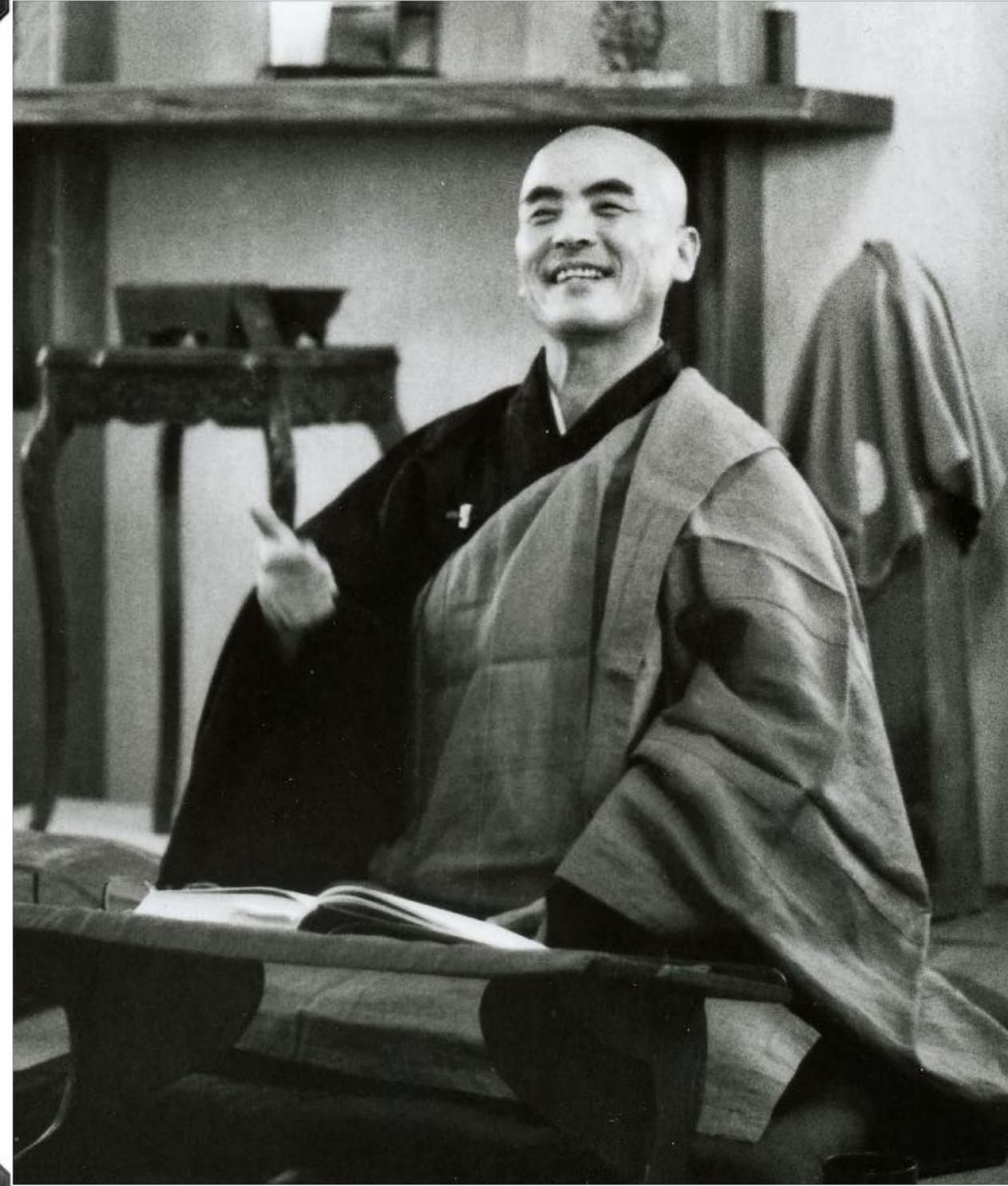


WHO SAID:

“Through zazen, there are many kinds of feelings you can get. The teacher says, "What's that feeling?" Of course, you should practice feeling that feeling ... because through that you can see your life, in the past, in the future, in the present, right now: exactly that is your life.

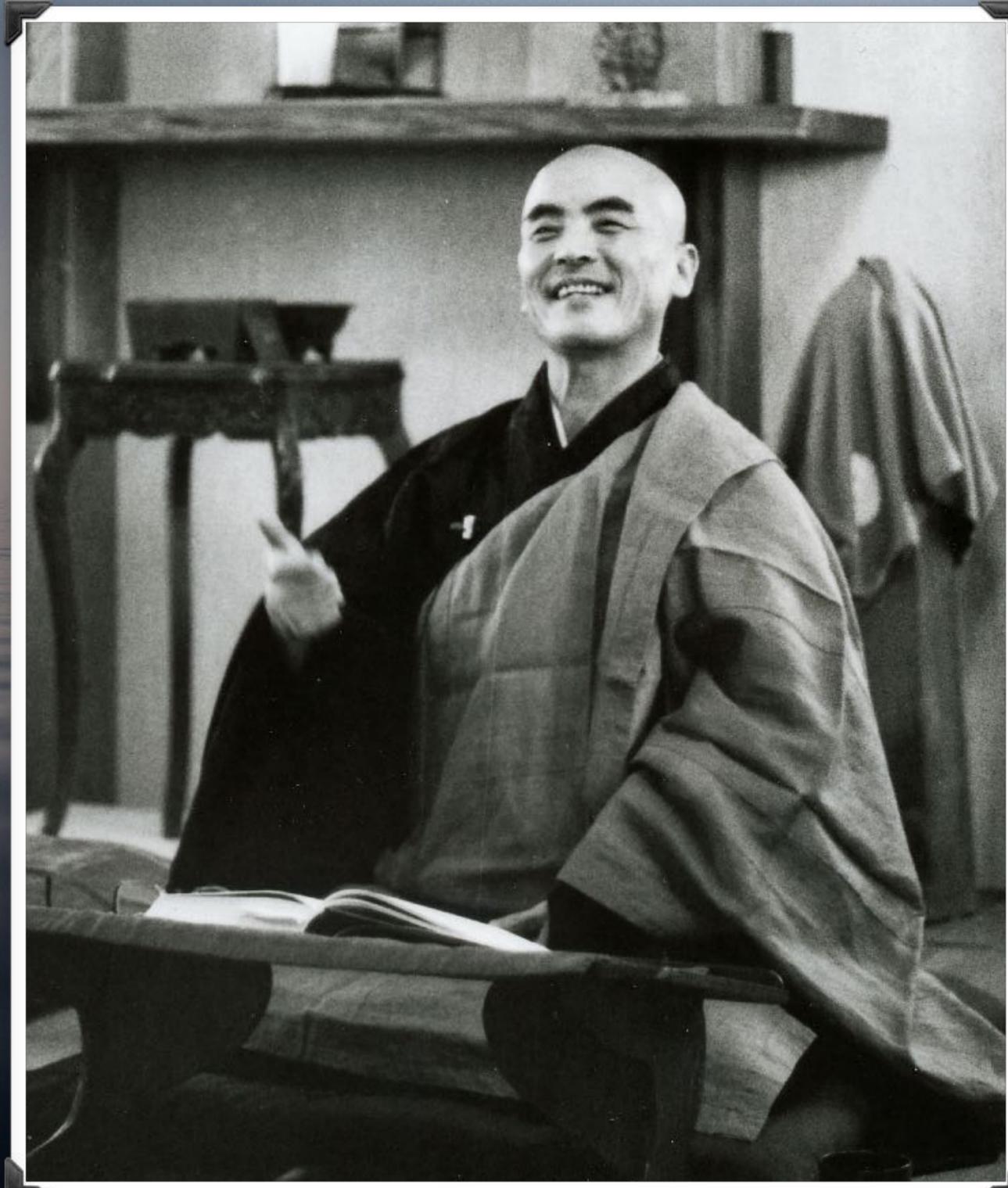


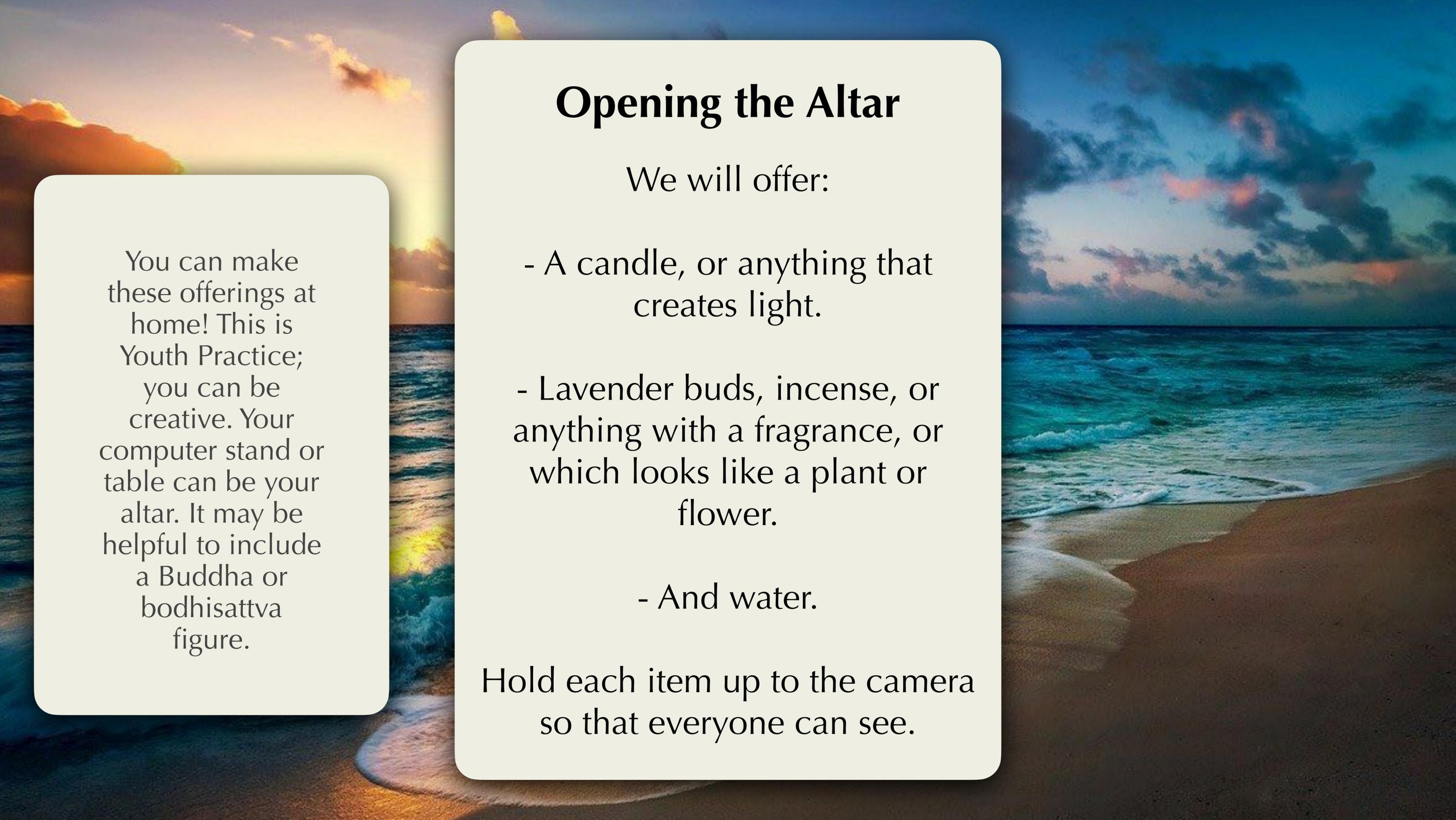
**Dainin
Katagiri
Roshi**



He continued:

“And then, [after feeling], you are analyzing and synthesizing. If you feel good, you say, ‘That’s good; that is my life.’ If you don’t feel good: ‘That is *not* my life.’ So, you’re confused. You’re analyzing and criticizing, always. But if you do zazen like this, that zazen is nothing but psychology and philosophy; science. I don’t think that kind of zazen is religious zazen; I don’t think that kind of zazen is the zazen which allows you to be free from psychology, philosophy, any kind of science – and human suffering.”





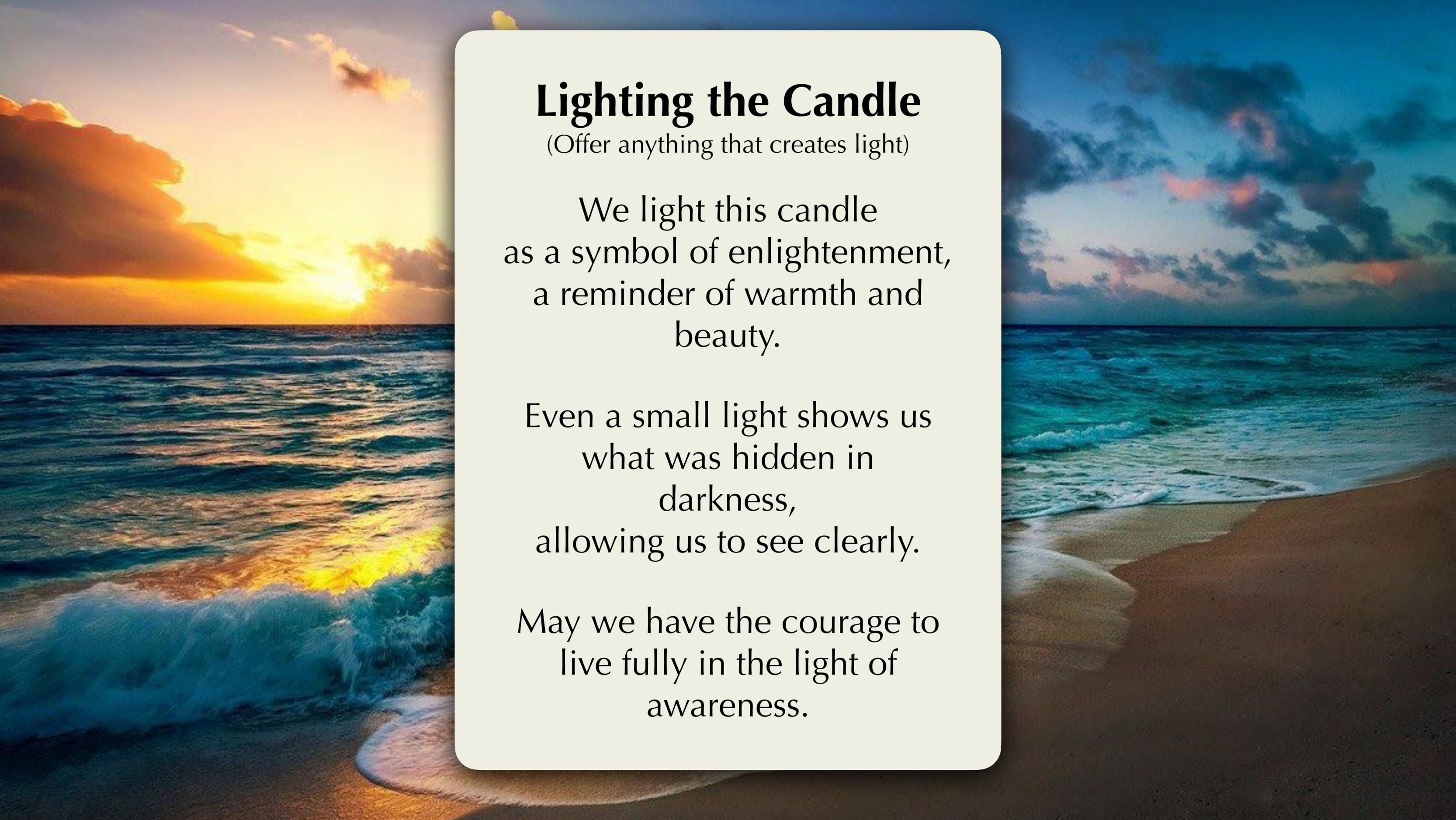
You can make these offerings at home! This is Youth Practice; you can be creative. Your computer stand or table can be your altar. It may be helpful to include a Buddha or bodhisattva figure.

Opening the Altar

We will offer:

- A candle, or anything that creates light.
- Lavender buds, incense, or anything with a fragrance, or which looks like a plant or flower.
- And water.

Hold each item up to the camera so that everyone can see.



Lighting the Candle

(Offer anything that creates light)

We light this candle
as a symbol of enlightenment,
a reminder of warmth and
beauty.

Even a small light shows us
what was hidden in
darkness,
allowing us to see clearly.

May we have the courage to
live fully in the light of
awareness.

Offering Lavender Buds

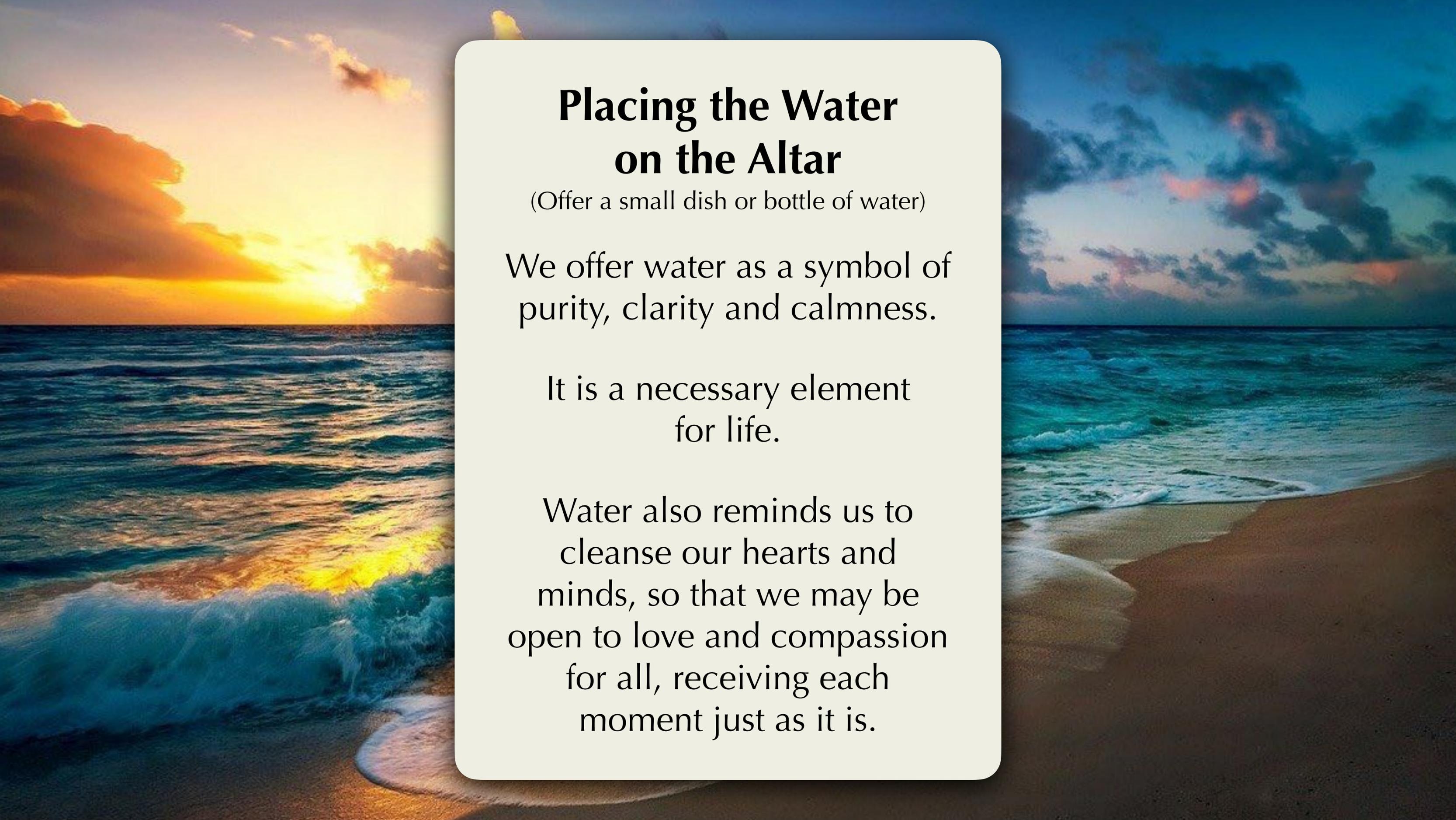
(Offer anything that has a fragrance
or resembles a plant, or incense)

We offer lavender buds as a
symbol of the impermanence
of life.

All things flower but drop
away.

The unopened buds remind us
of our potential to awaken.

The fragrance is boundless and
becomes one with all things.



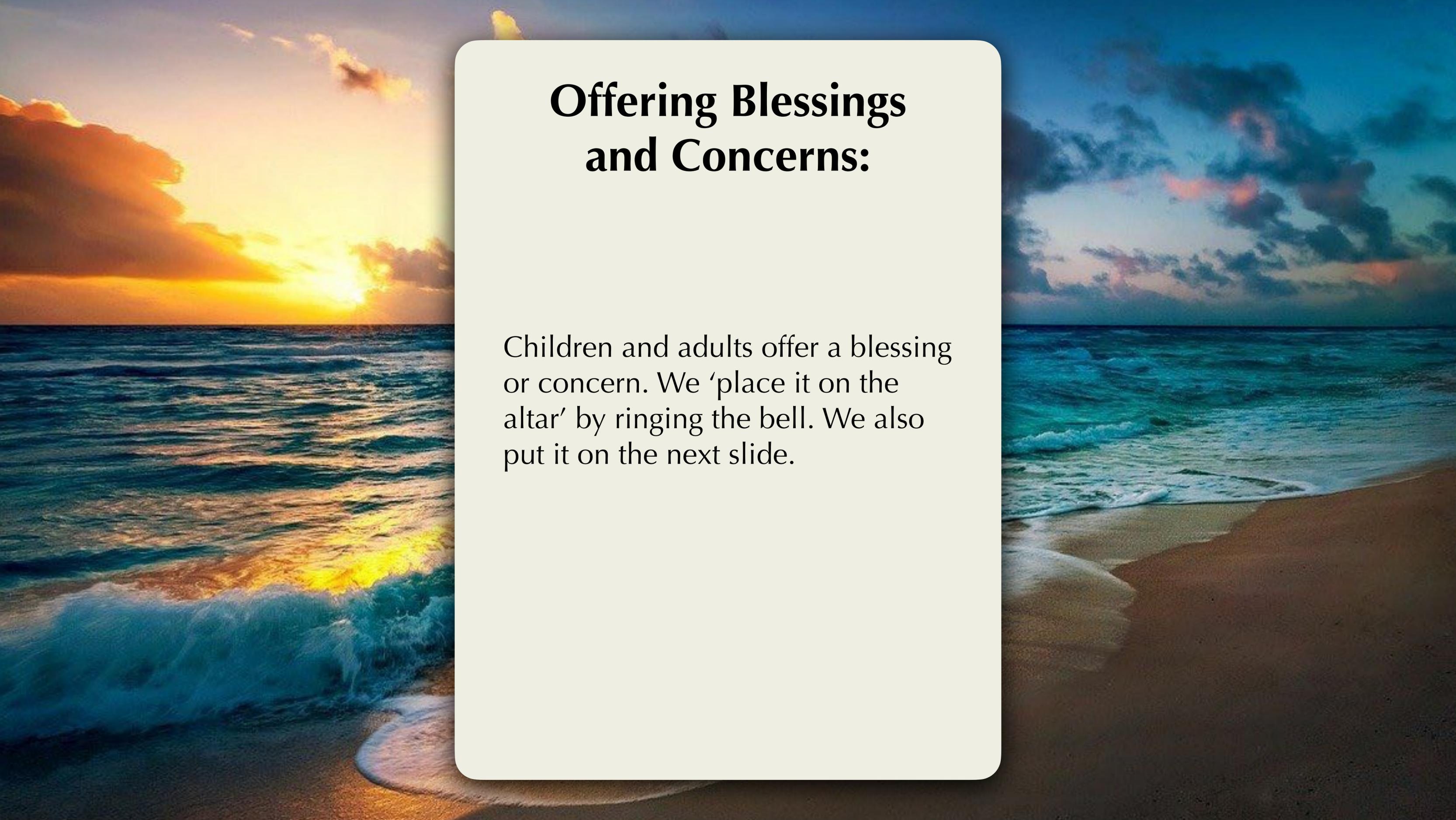
Placing the Water on the Altar

(Offer a small dish or bottle of water)

We offer water as a symbol of
purity, clarity and calmness.

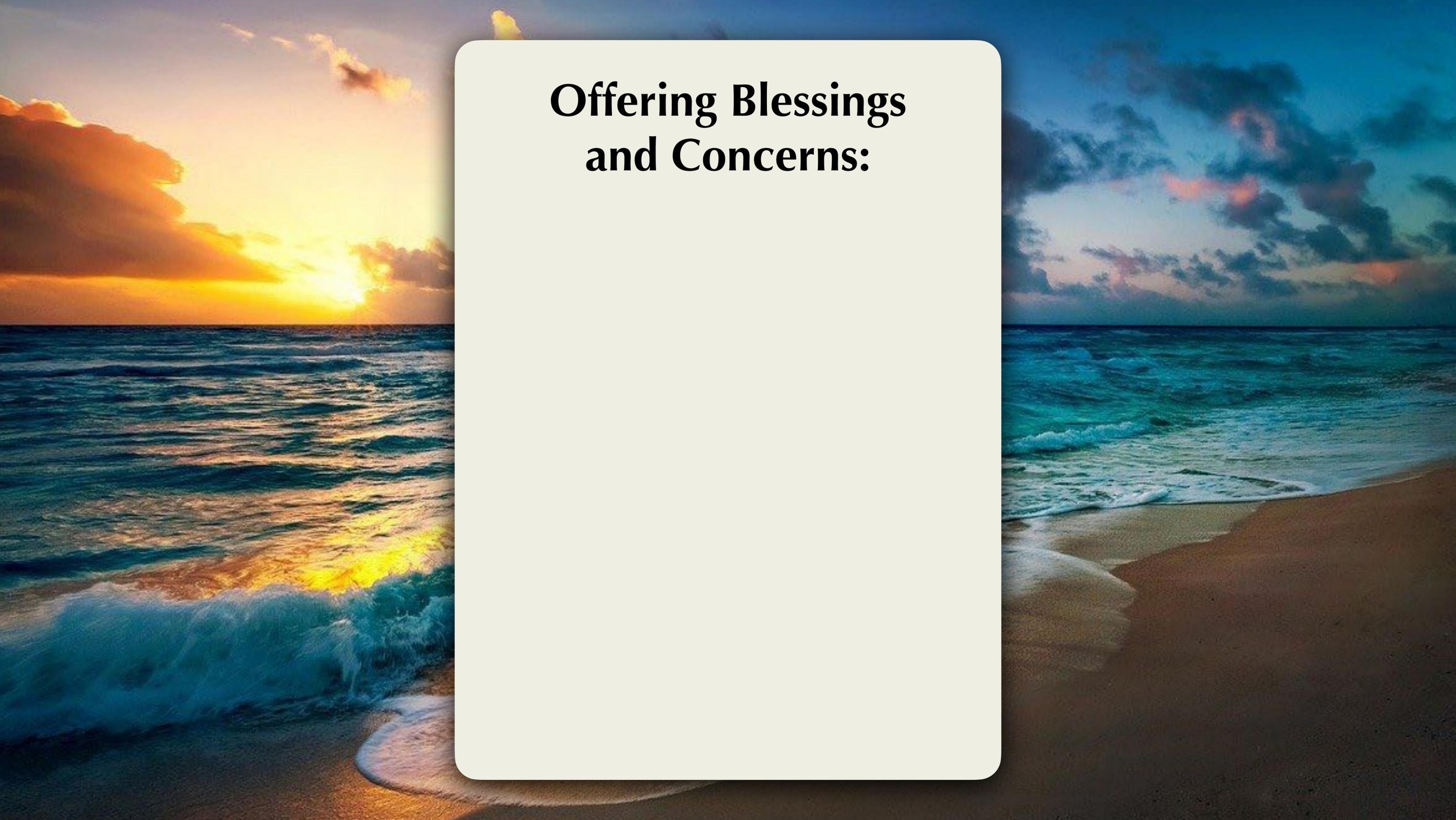
It is a necessary element
for life.

Water also reminds us to
cleanse our hearts and
minds, so that we may be
open to love and compassion
for all, receiving each
moment just as it is.



Offering Blessings and Concerns:

Children and adults offer a blessing or concern. We 'place it on the altar' by ringing the bell. We also put it on the next slide.



**Offering Blessings
and Concerns:**



Meditation

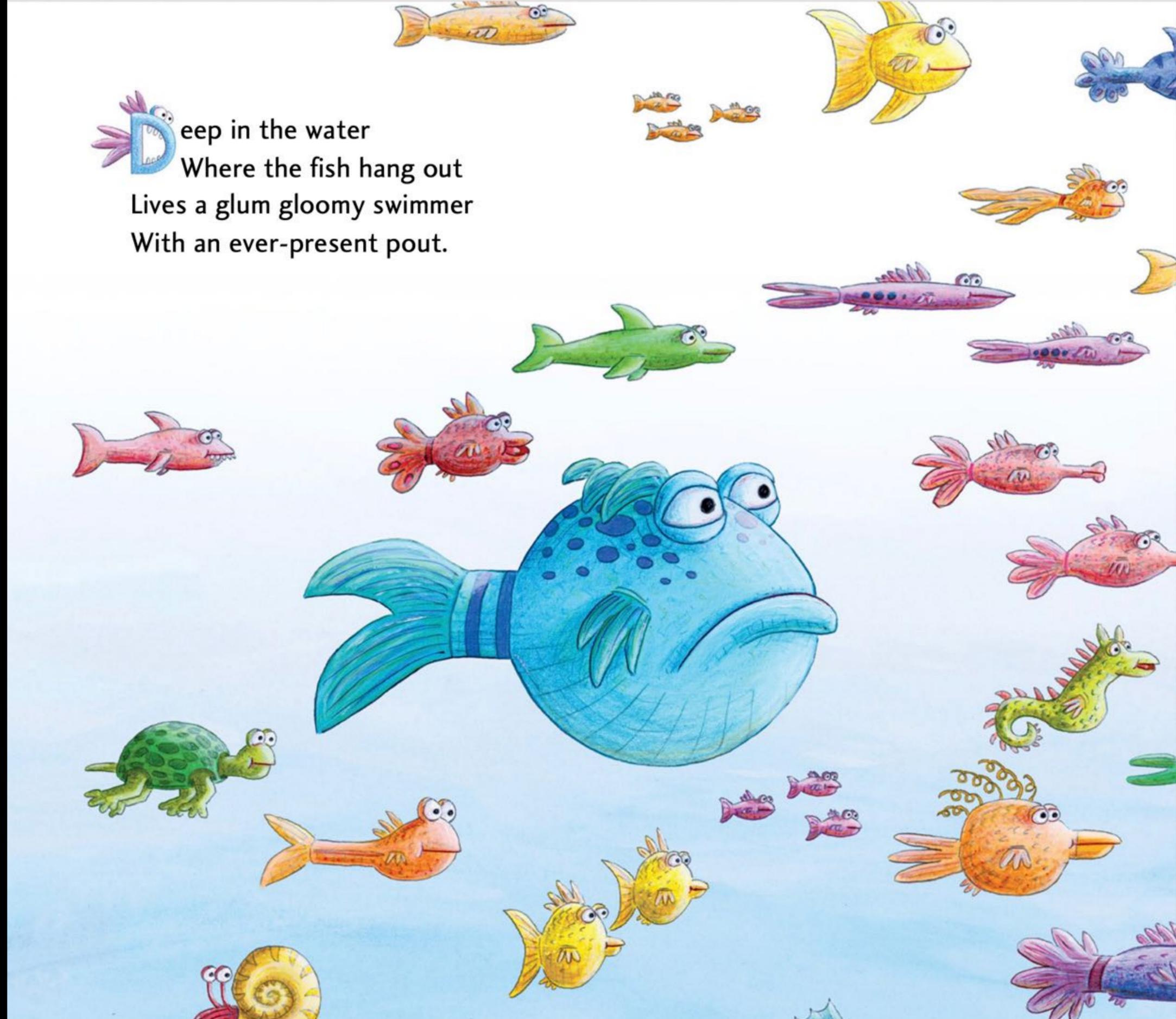
The Pout-Pout Fish

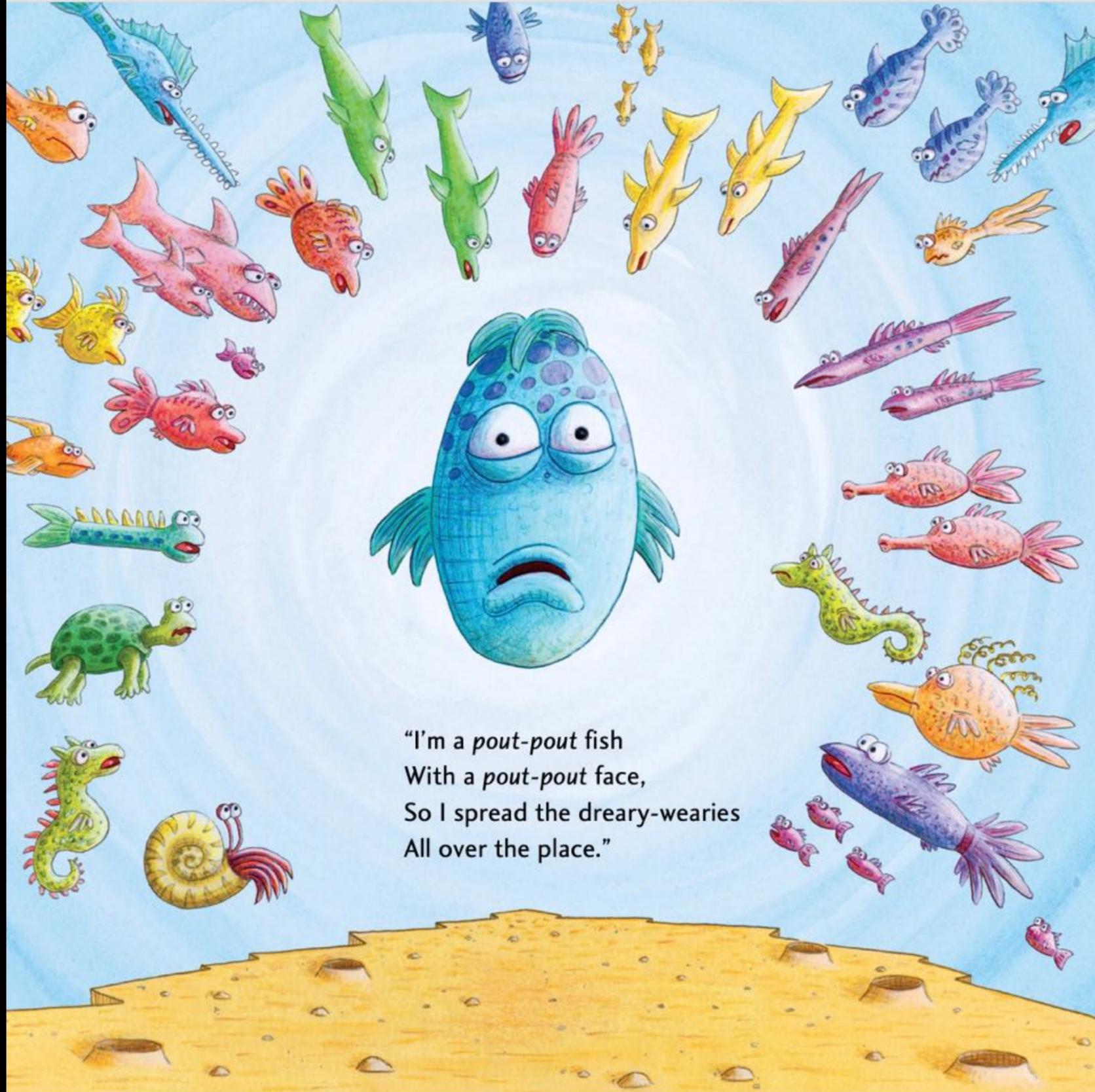
Deborah Diesen

Pictures by Dan Hanna

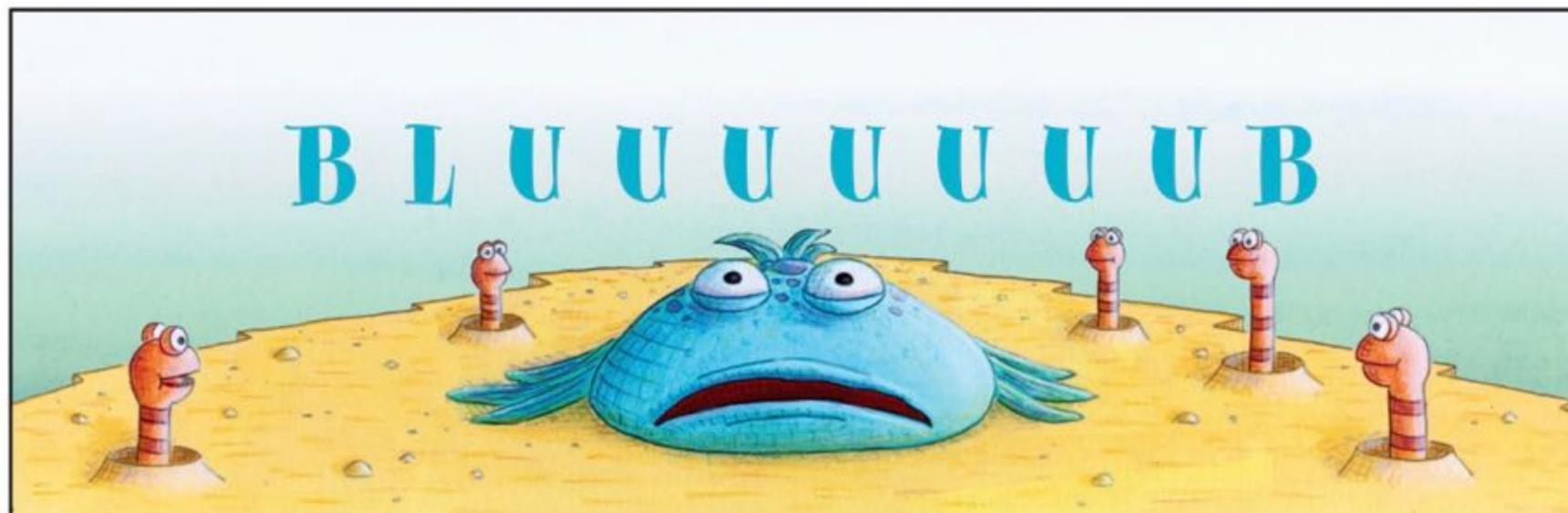
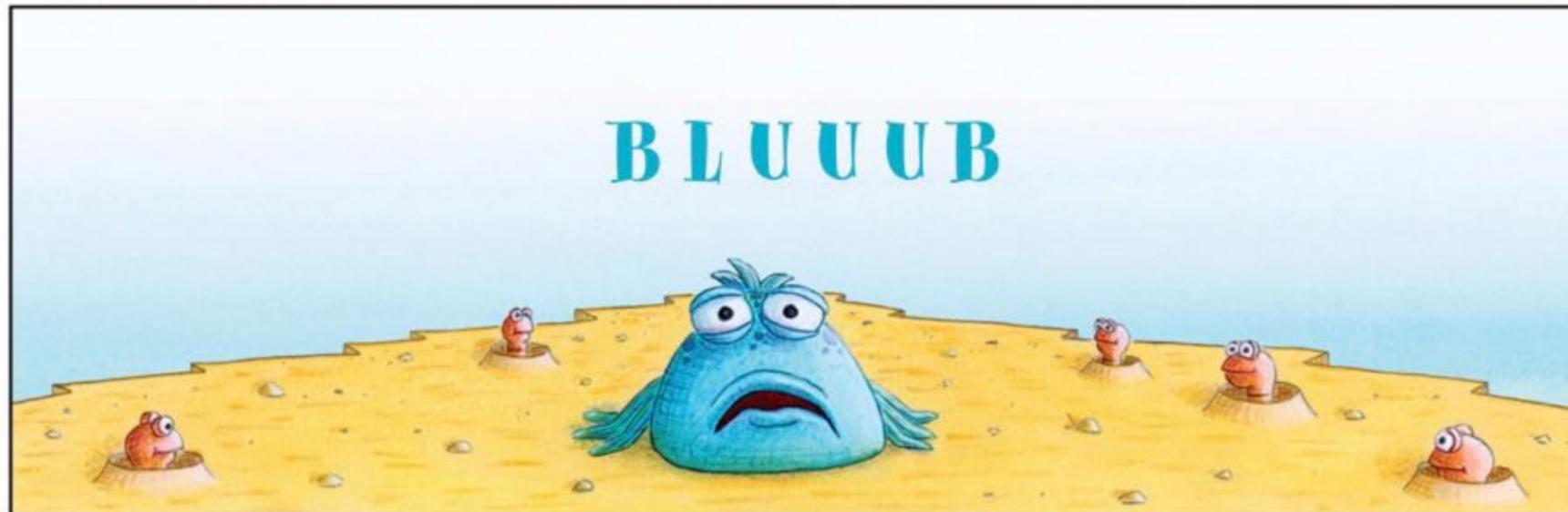
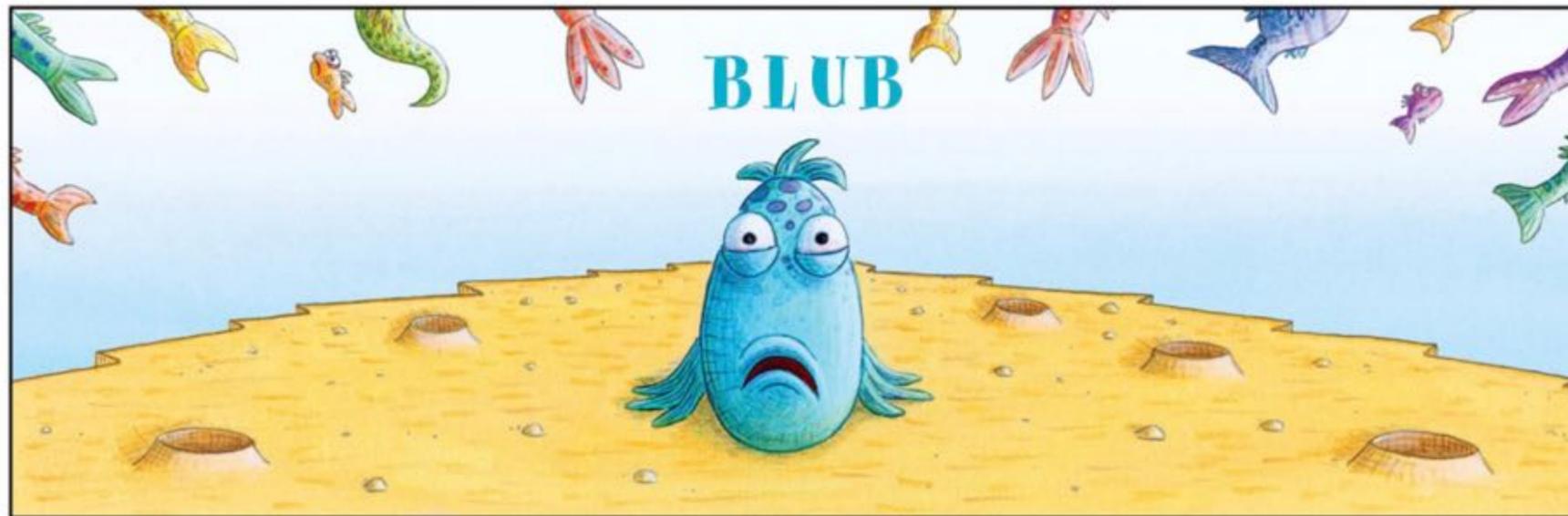
Farrar Straus Giroux
New York

Deep in the water
Where the fish hang out
Lives a glum gloomy swimmer
With an ever-present pout.



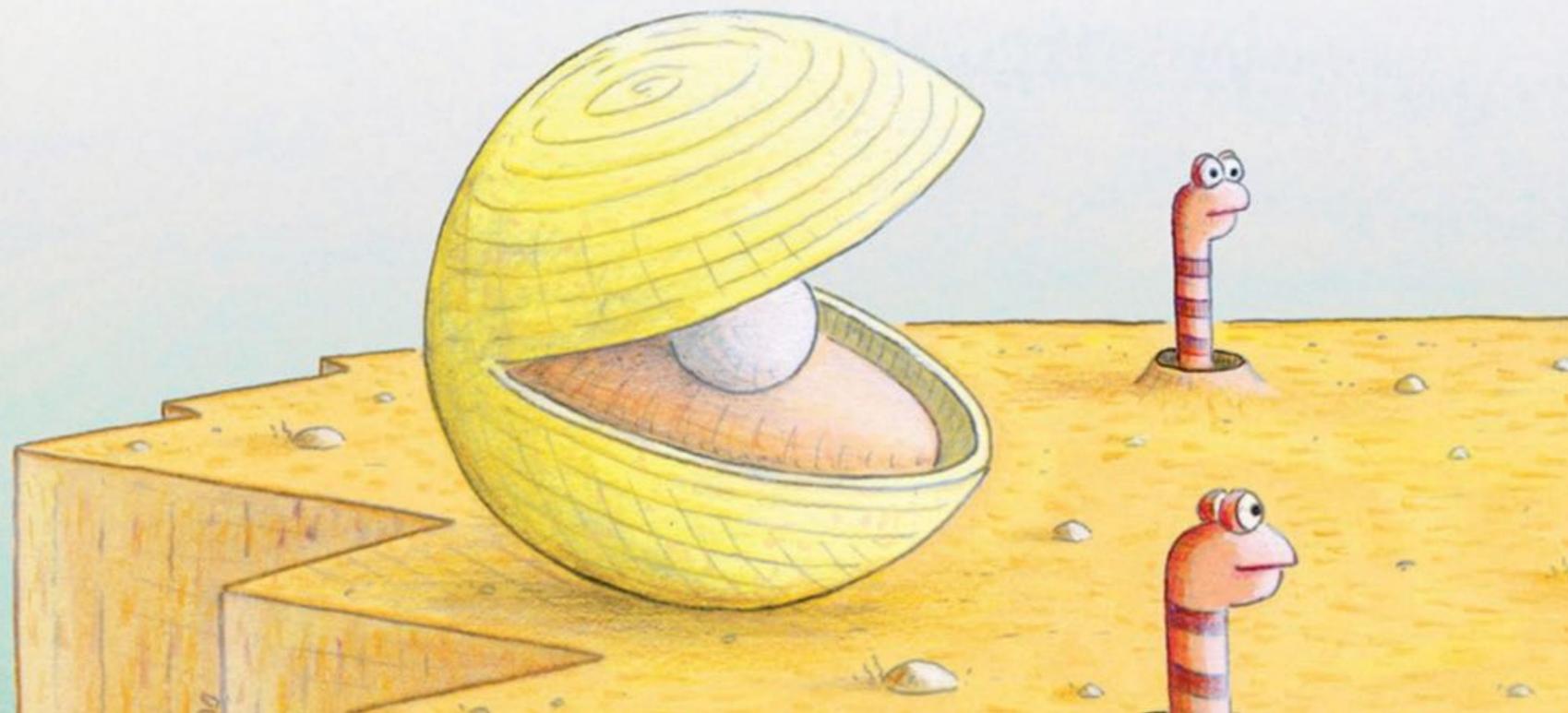


"I'm a *pout-pout* fish
With a *pout-pout* face,
So I spread the dreary-wearies
All over the place."

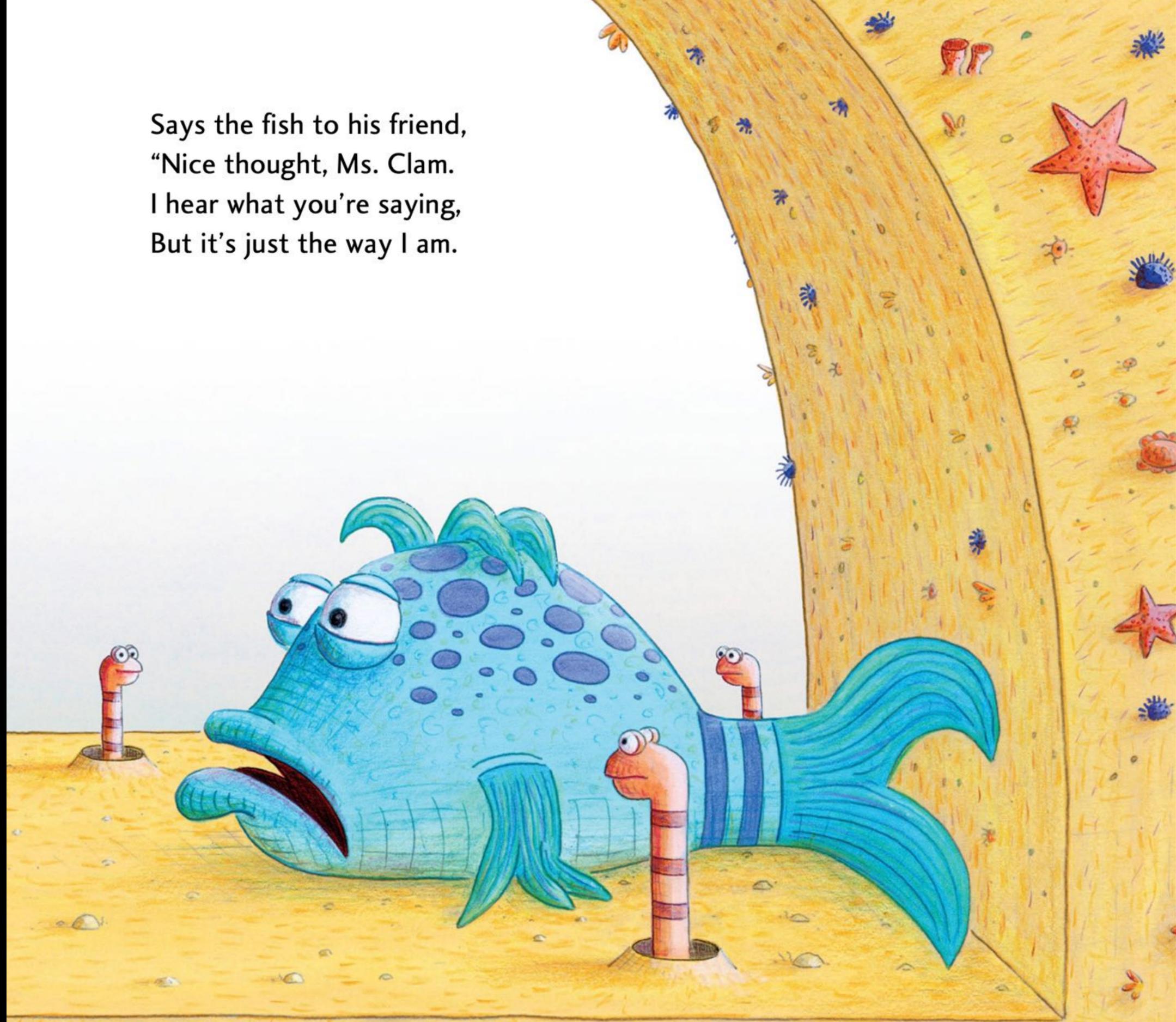


Along comes a clam
With a wide winning grin
And a pearl of advice
For her pal to take in:

“Hey, Mr. Fish,
With your crosstown frown,
Don’t you think it’s time to
Turn it upside down?”

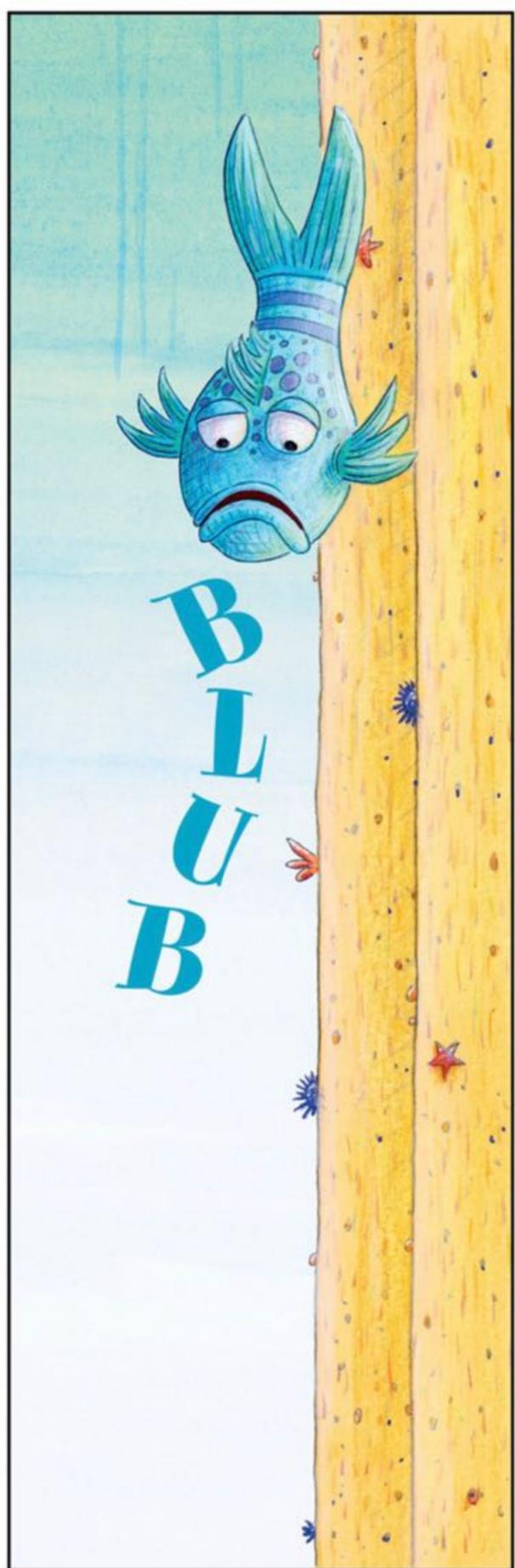


Says the fish to his friend,
“Nice thought, Ms. Clam.
I hear what you’re saying,
But it’s just the way I am.”



"I'm a *pout-pout* fish
With a *pout-pout* face,
So I spread the dreary-wearies
All over the place."



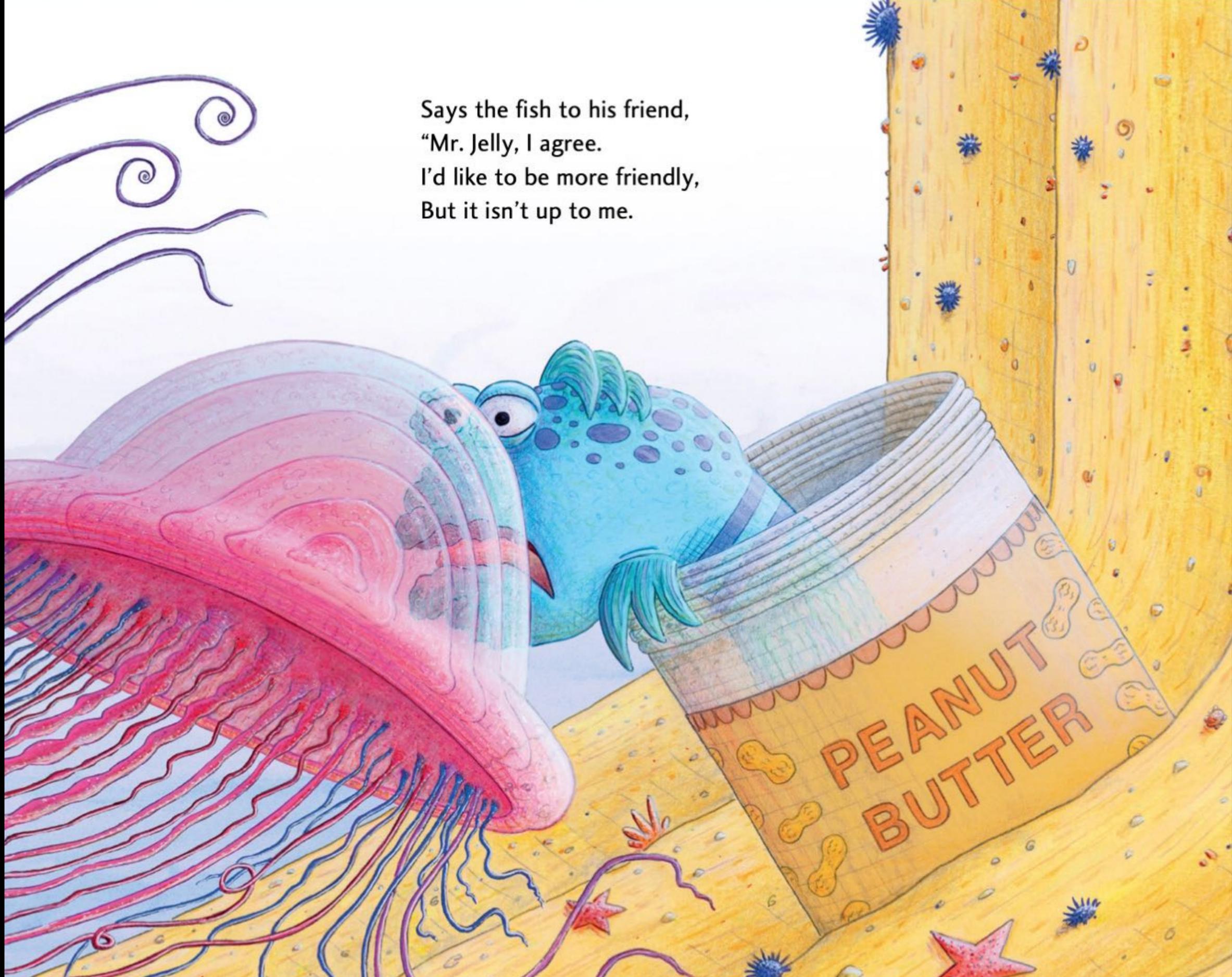


Along comes a jellyfish.
He floats through the ocean,
His tentacles all trailing
In a gentle locomotion.

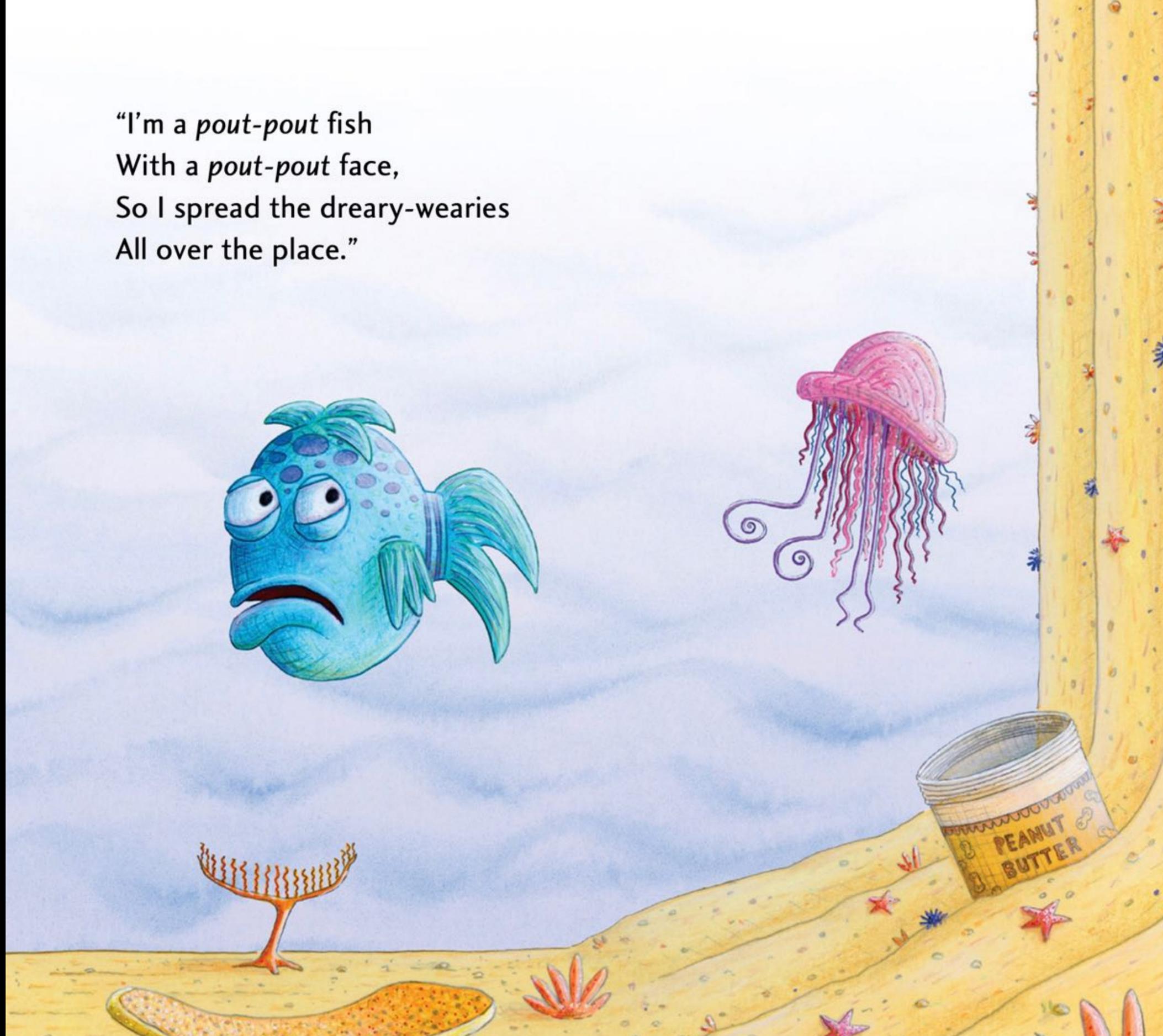
“Hey, Mr. Fish,
With your daily scaly scowl,
I wish you wouldn’t greet us
With a grimace and a growl.”

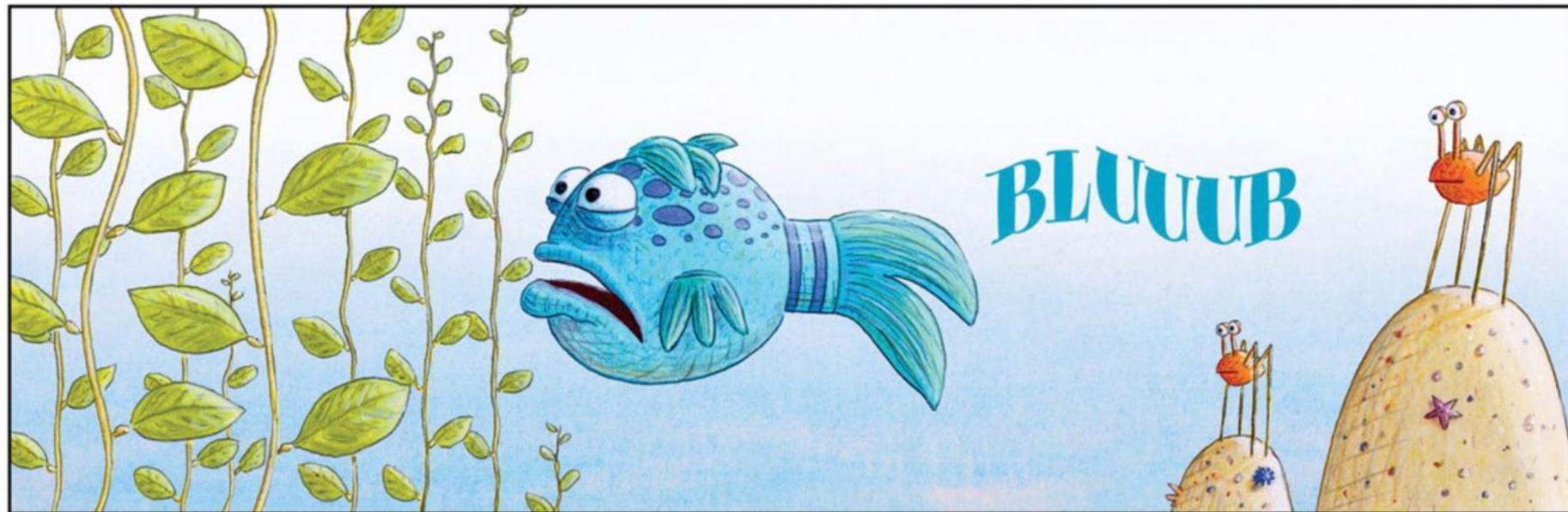
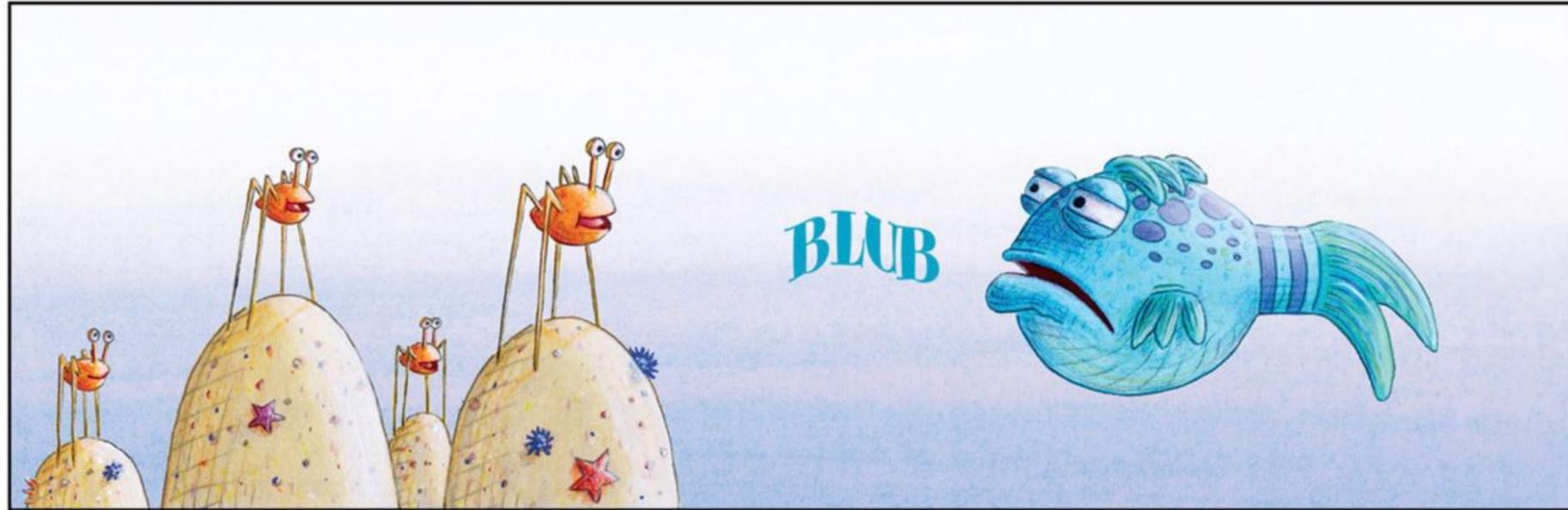


Says the fish to his friend,
"Mr. Jelly, I agree.
I'd like to be more friendly,
But it isn't up to me.



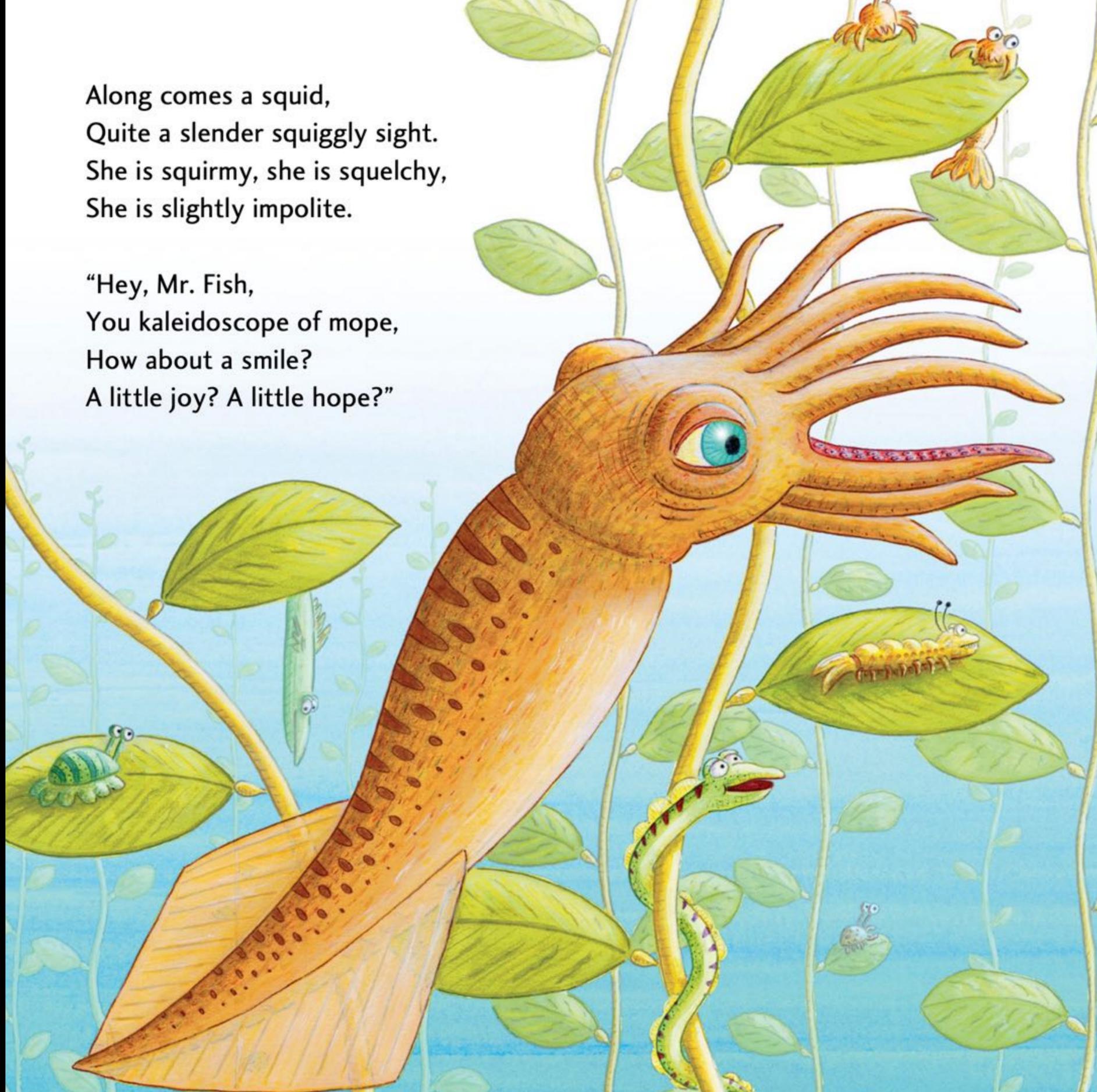
"I'm a *pout-pout* fish
With a *pout-pout* face,
So I spread the dreary-wearies
All over the place."



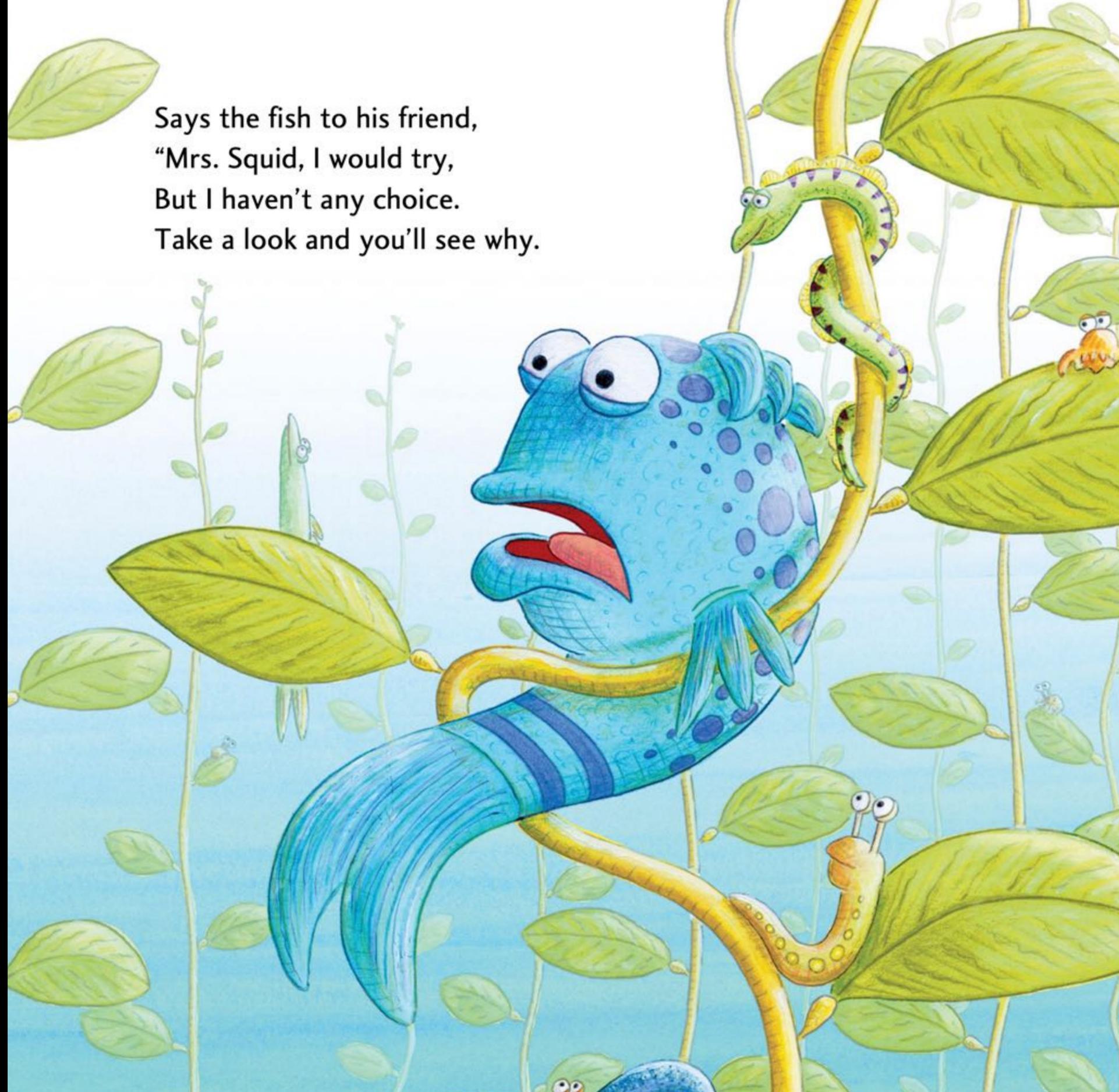


Along comes a squid,
Quite a slender squiggly sight.
She is squirmy, she is squelchy,
She is slightly impolite.

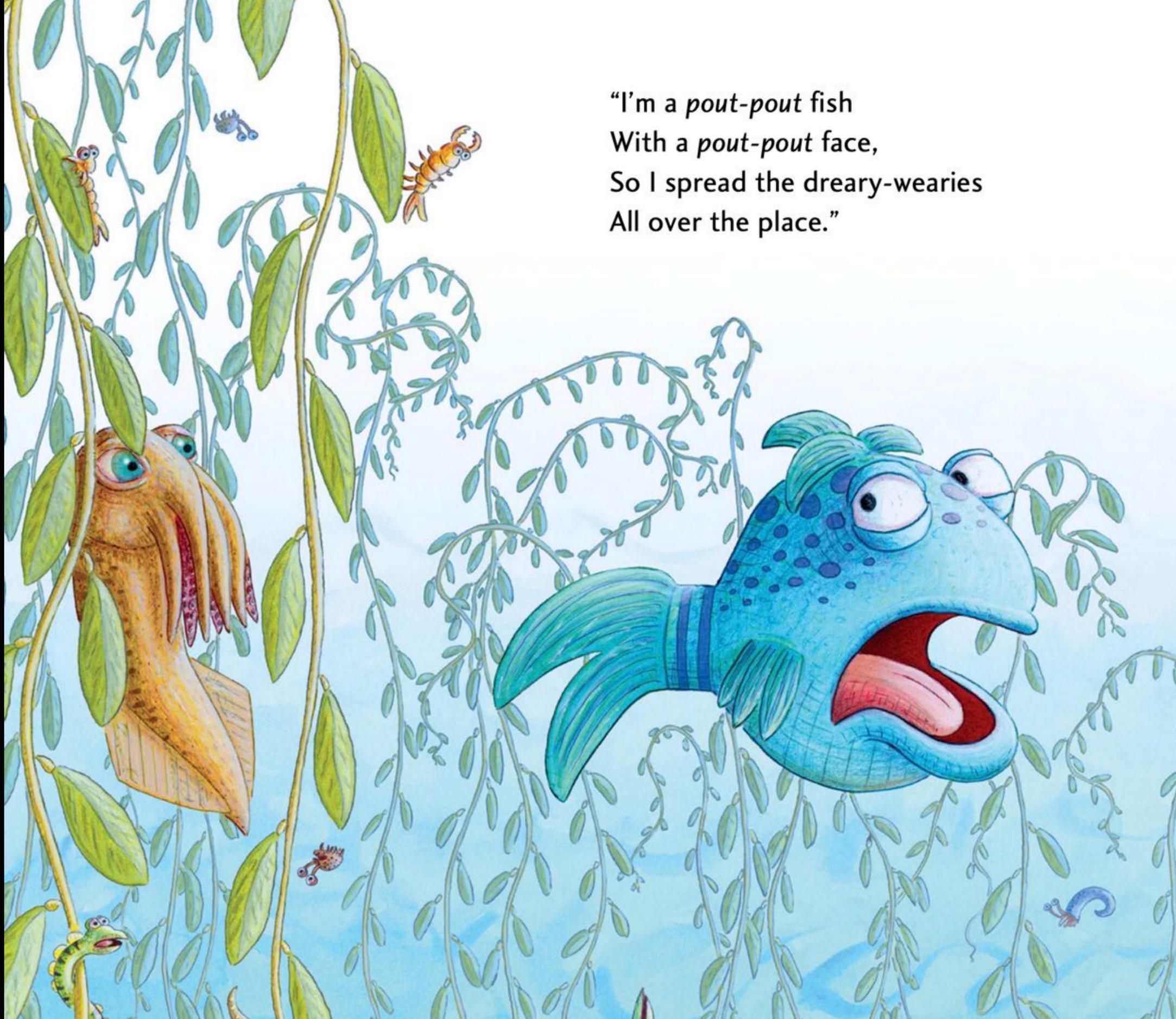
“Hey, Mr. Fish,
You kaleidoscope of mope,
How about a smile?
A little joy? A little hope?”

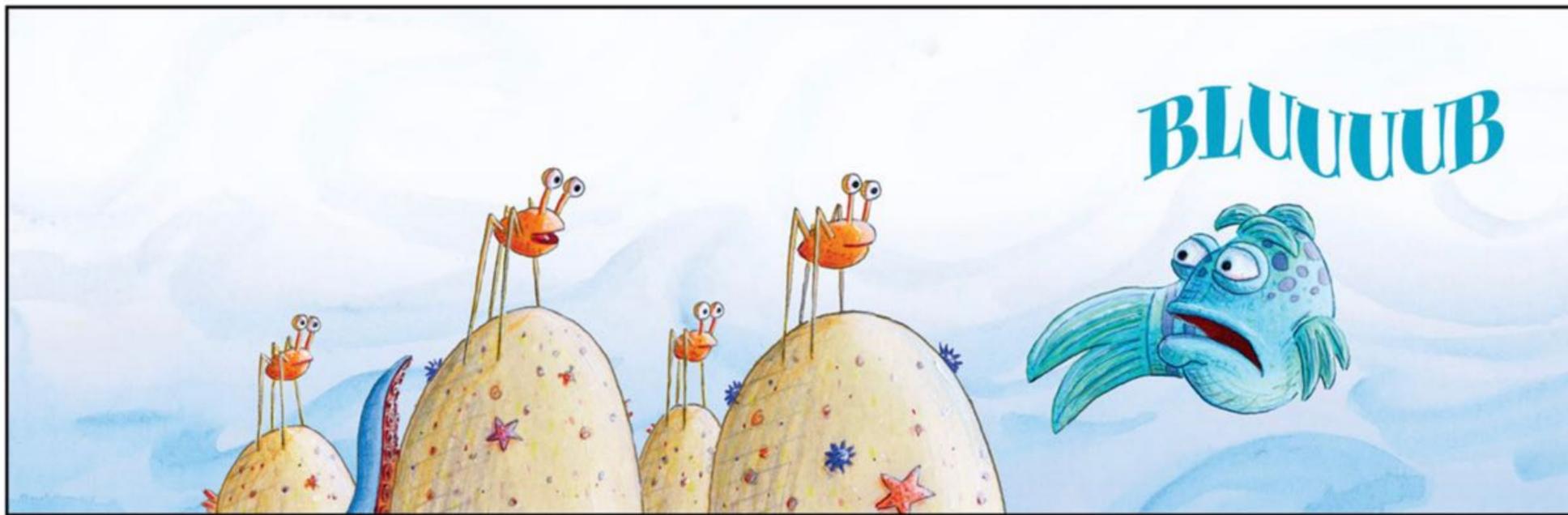
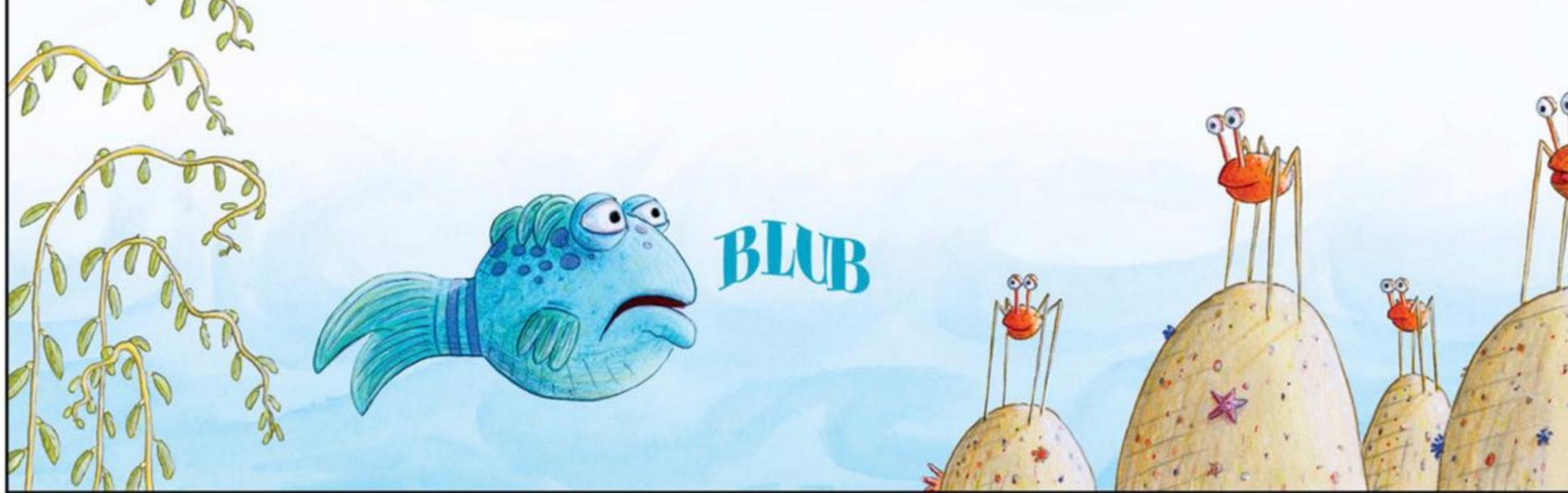


Says the fish to his friend,
"Mrs. Squid, I would try,
But I haven't any choice.
Take a look and you'll see why.



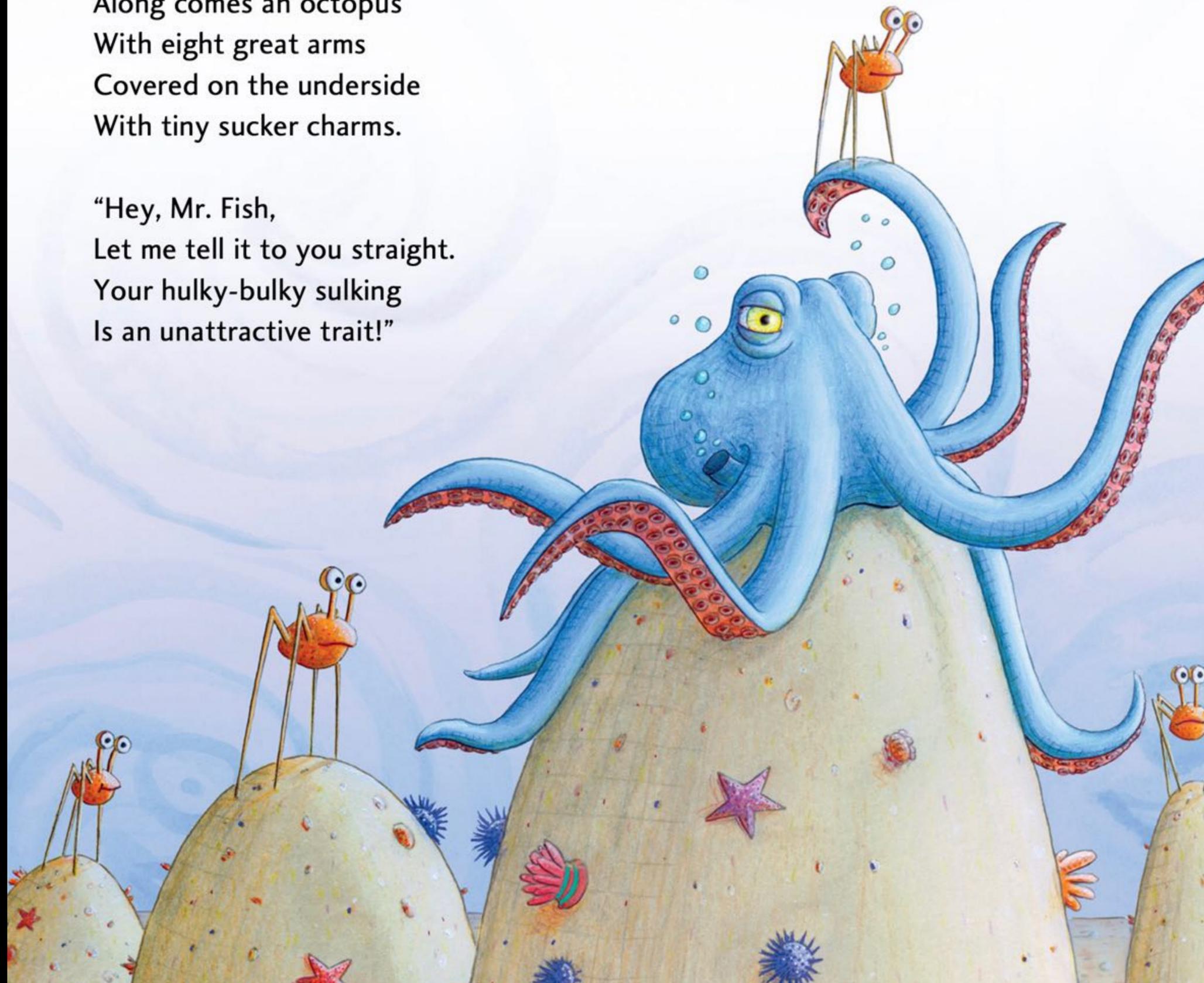
"I'm a *pout-pout* fish
With a *pout-pout* face,
So I spread the dreary-wearies
All over the place."





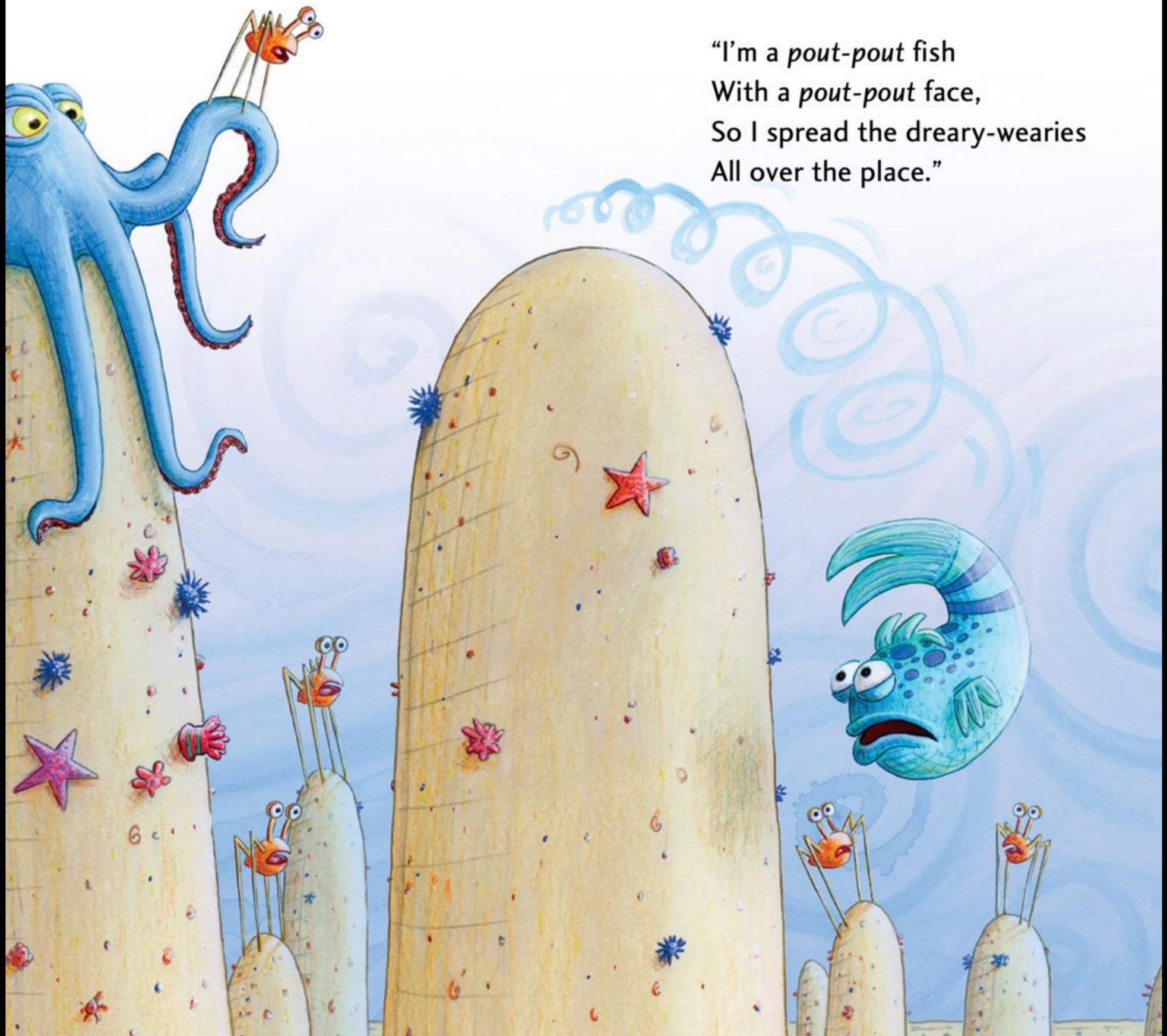
Along comes an octopus
With eight great arms
Covered on the underside
With tiny sucker charms.

“Hey, Mr. Fish,
Let me tell it to you straight.
Your hulky-bulky sulking
Is an unattractive trait!”

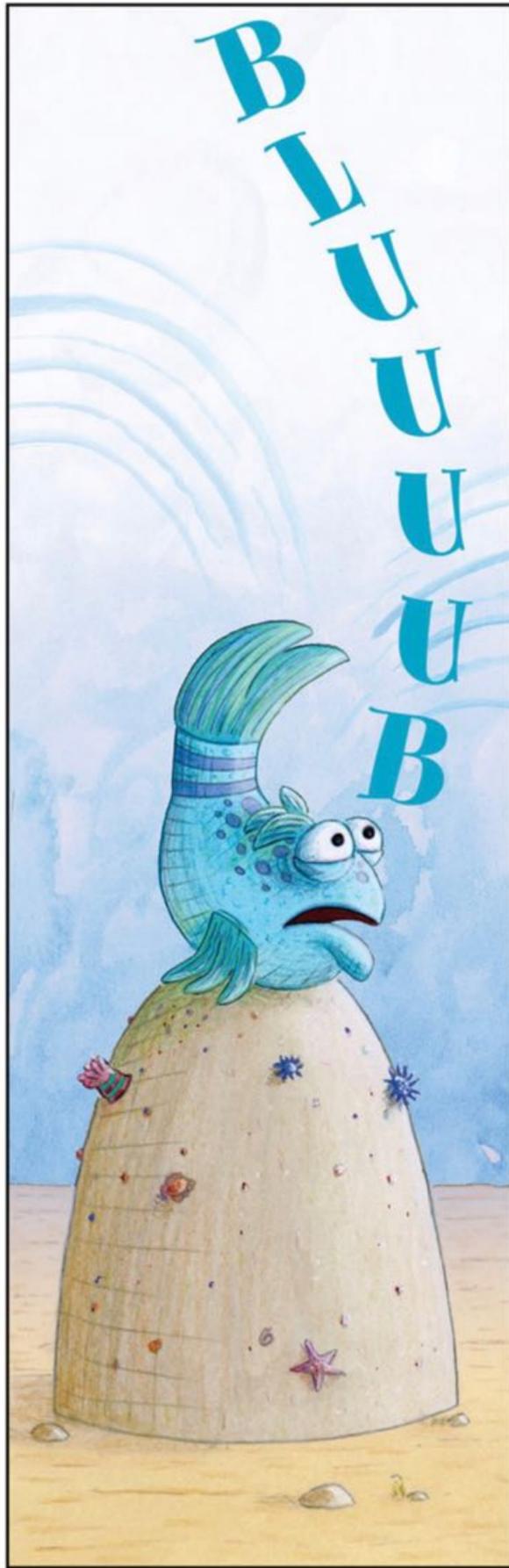
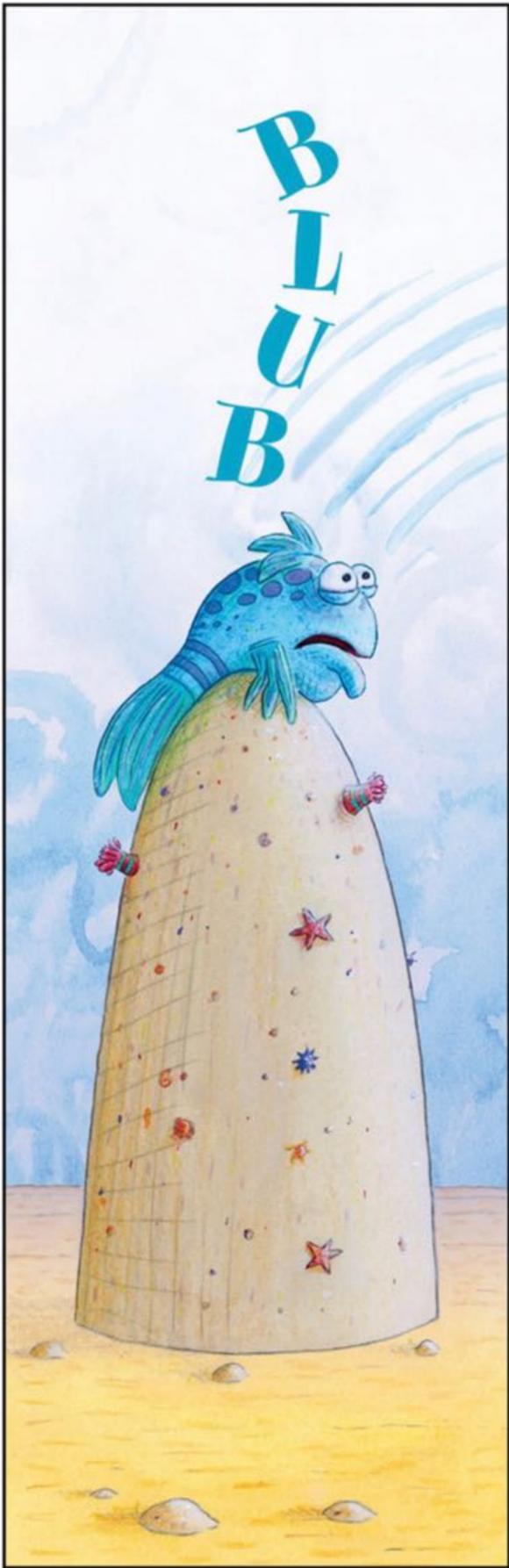


Says the fish to his friend,
"Mr. Eight, my chum,
With a mouth like mine
I am *destined* to be glum.





"I'm a *pout-pout* fish
With a *pout-pout* face,
So I spread the dreary-wearies
All over the place."





Now along comes a fish
In a silent silver shimmer.
The gang has never seen before
This bright and brilliant swimmer.

She approaches Mr. Fish,
But instead of saying hey . . .



She plants a kiss upon his pout
And then she swims
Away.



Mr. Fish is most astounded.
Mr. Fish is just aghast.
He is stone-faced like a statue.
Then he blinks, and speaks at last:



“My friends,” says Mr. Fish,
“I should have known it all along.
I thought that I was pouty,
But it turns out I was wrong.”





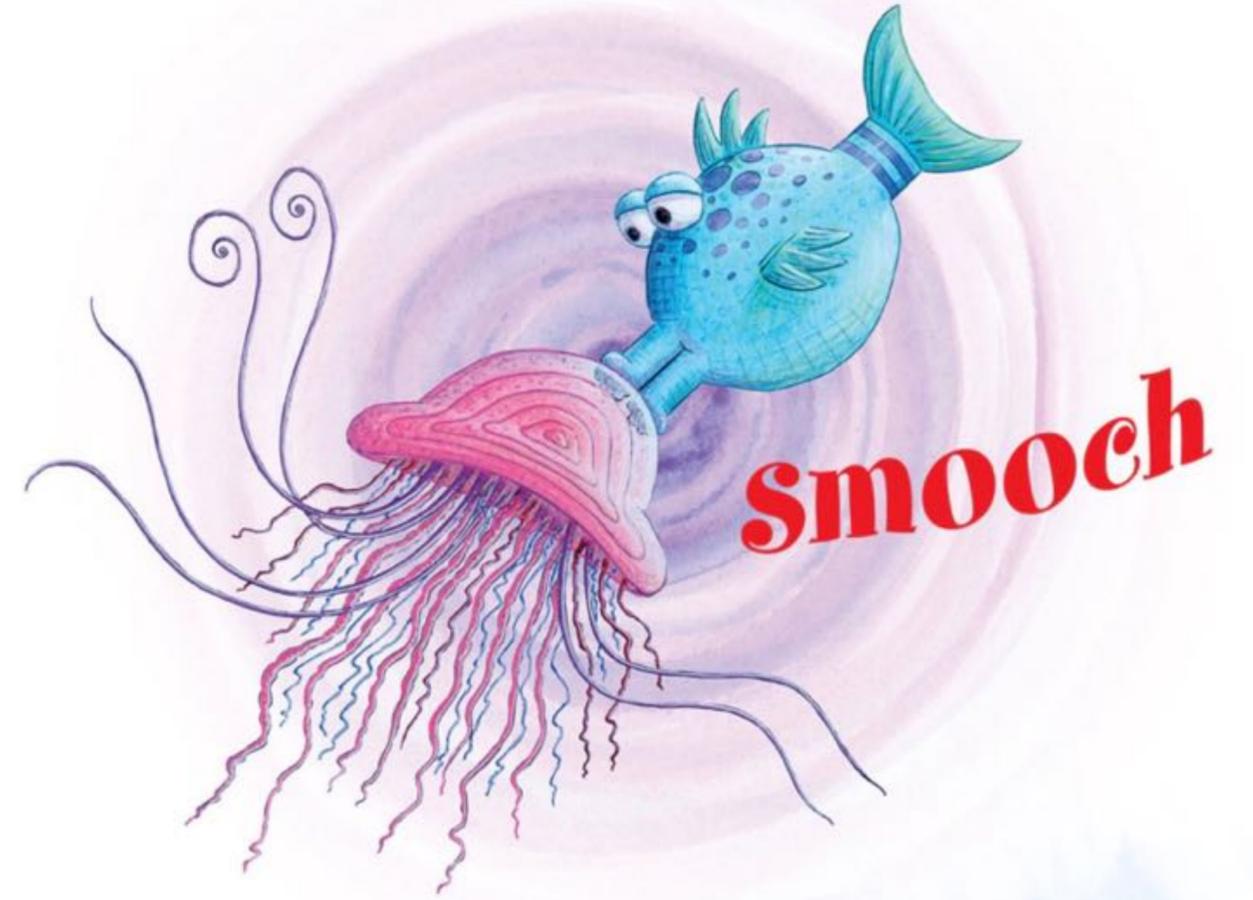
"I'm a *kiss-kiss* fish
With a *kiss-kiss* face



For spreading cheery-cheeries
All over the place!"

So I'll ...

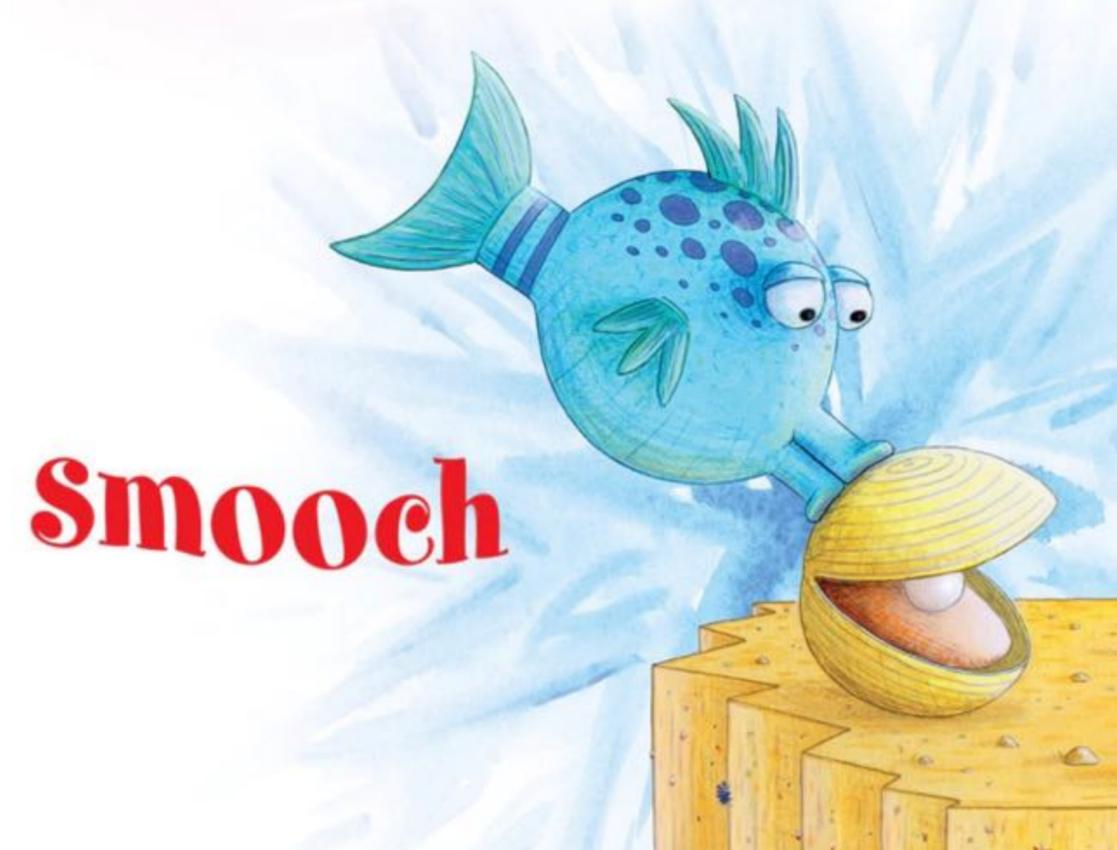
Smooch



Smooch



Smooch



Smooch

SMOOOOOOOCH!

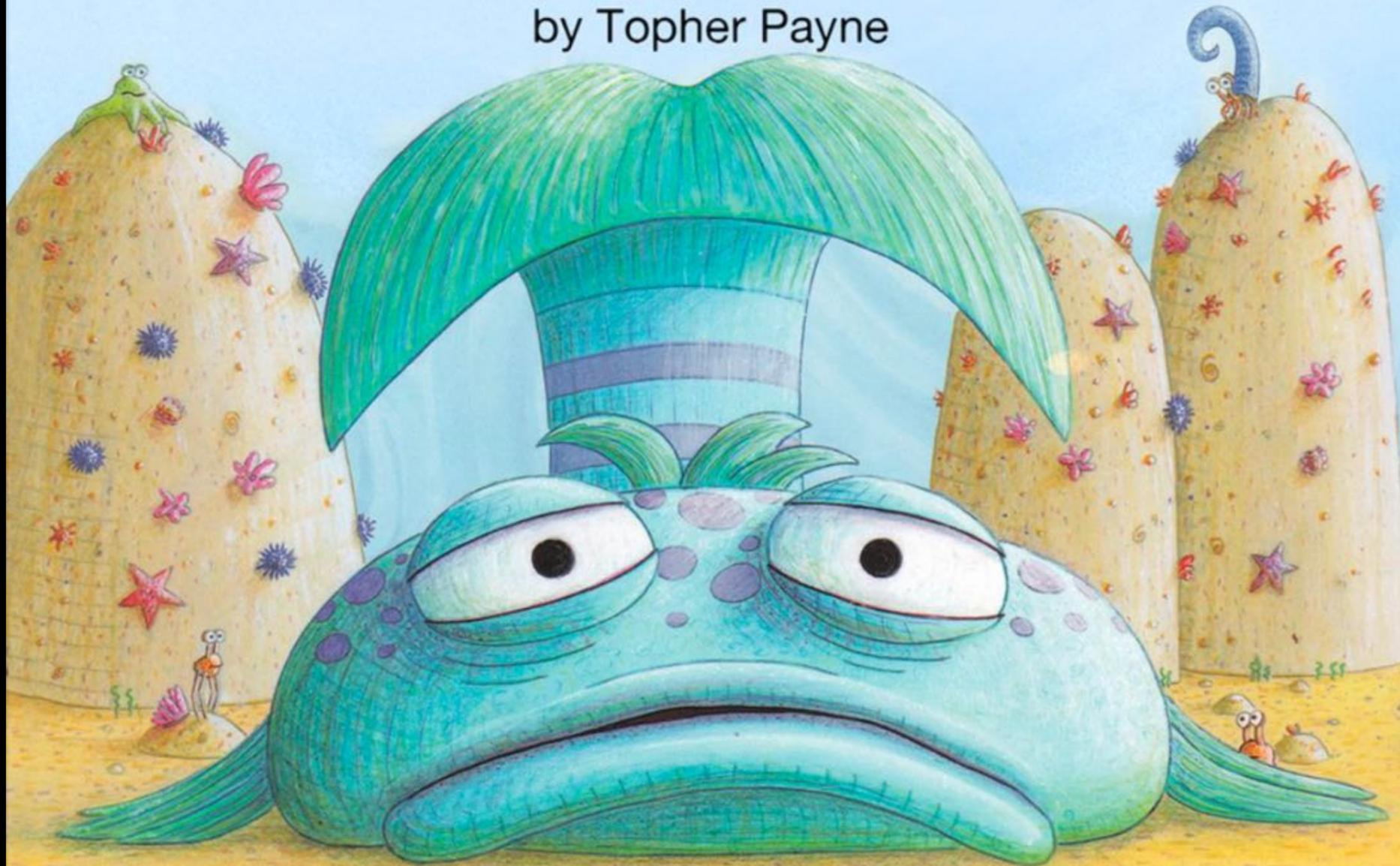


Sometimes a kiss is all it takes
to turn things around



The Fish Who Isn't Pouting That's Just His Face

by Topher Payne



This alternative ending starts just after Mr. Fish's encounter with the octopus.

An alternate ending to Deborah Diesen's *The Pout-Pout Fish*
Originally illustrated by Dan Hanna

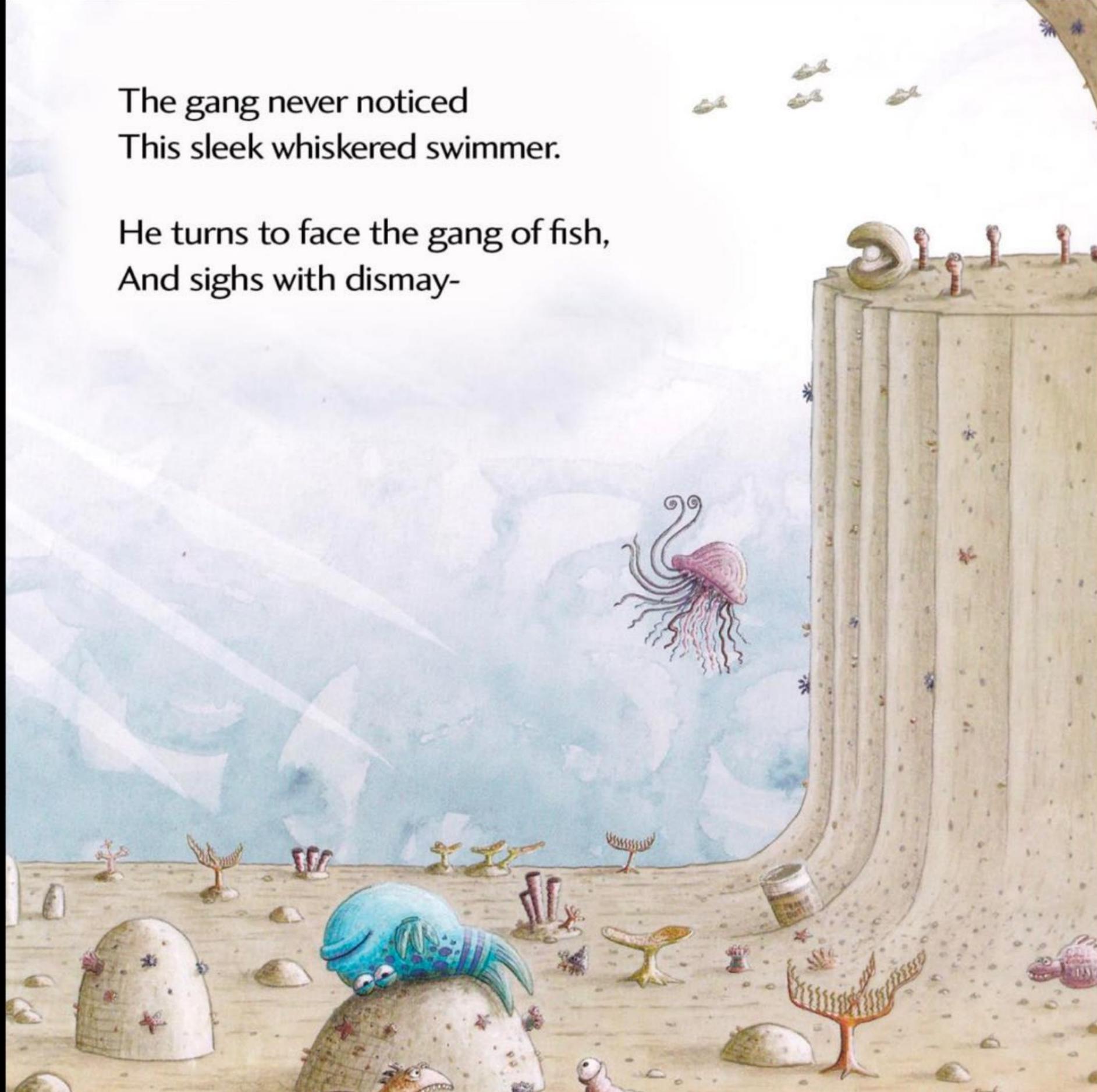
A parody created in support of The Atlanta Artist's Relief Fund

Now along comes a fish
In a sepia shimmer



The gang never noticed
This sleek whiskered swimmer.

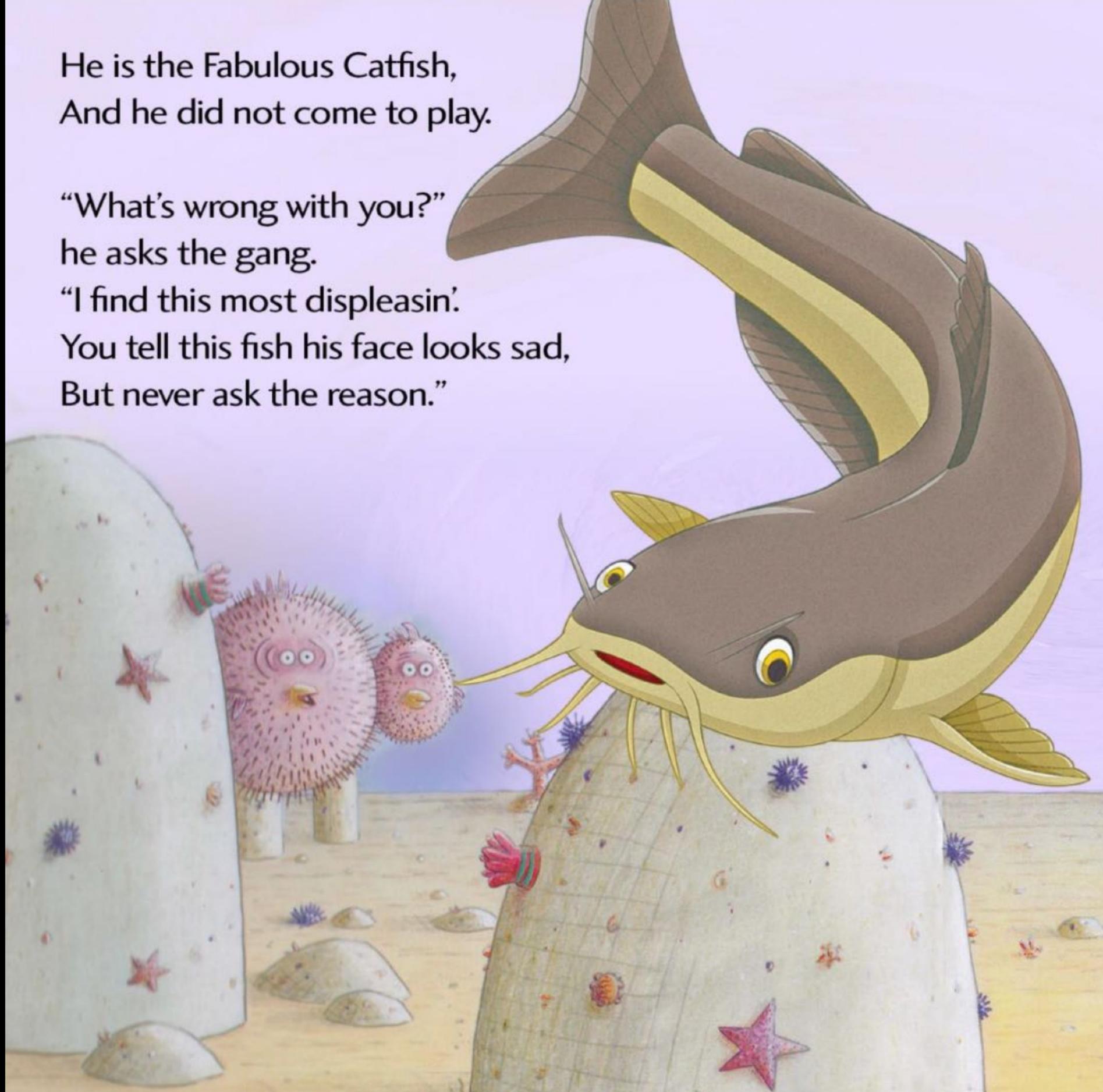
He turns to face the gang of fish,
And sighs with dismay-



He is the Fabulous Catfish,
And he did not come to play.

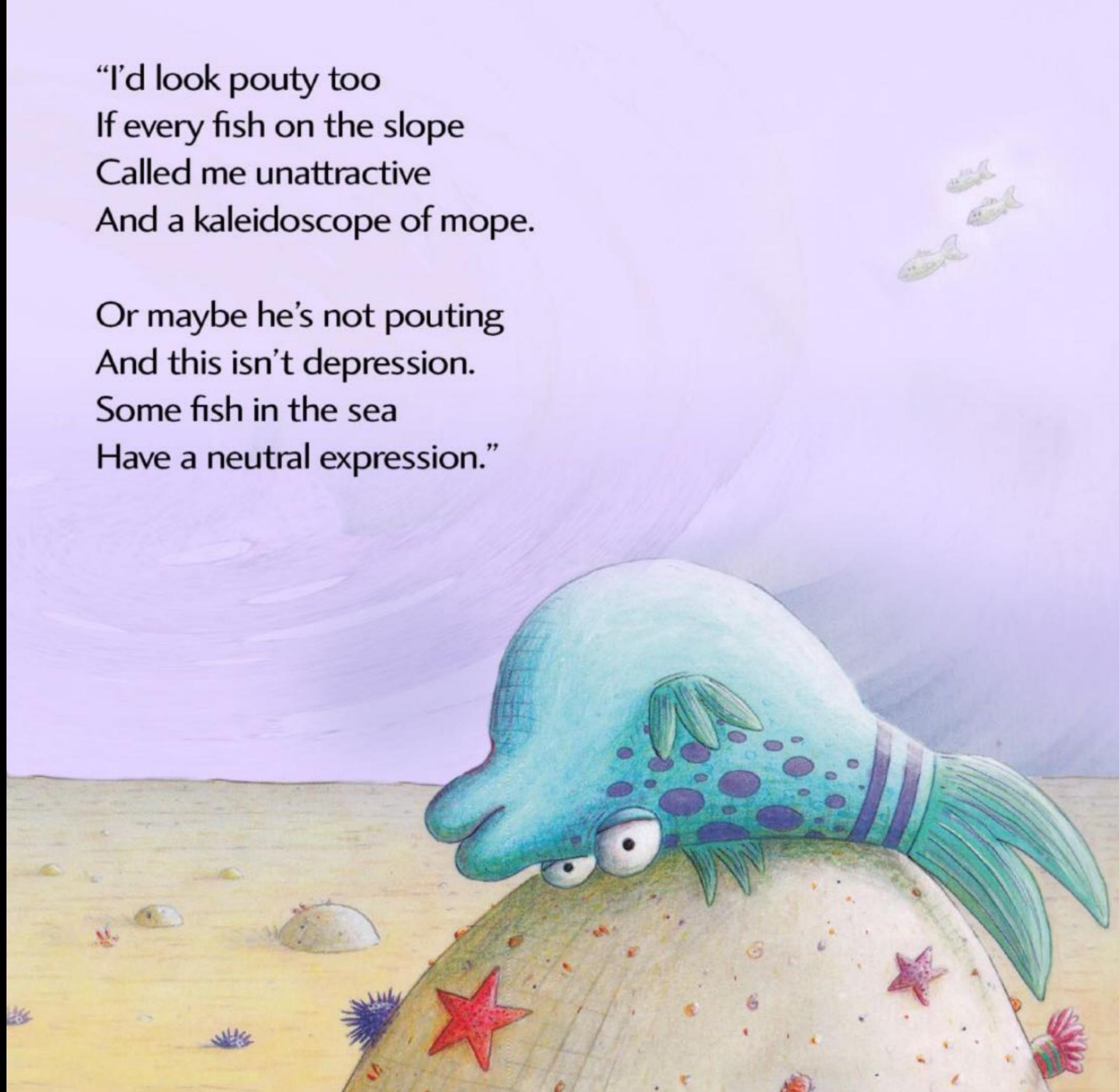
“What’s wrong with you?”
he asks the gang.

“I find this most displeasin’.
You tell this fish his face looks sad,
But never ask the reason.”



“I’d look pouty too
If every fish on the slope
Called me unattractive
And a kaleidoscope of mope.

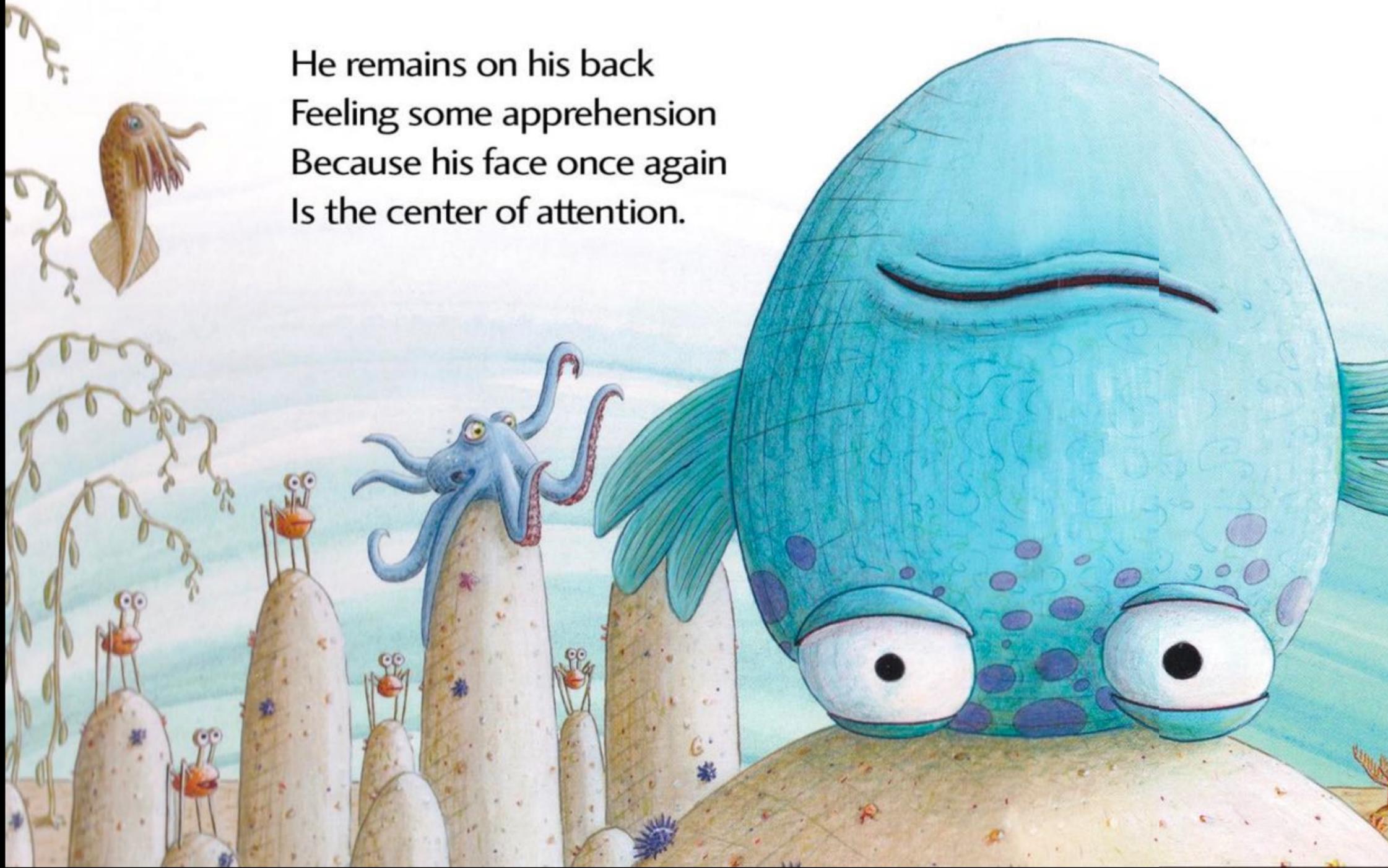
Or maybe he’s not pouting
And this isn’t depression.
Some fish in the sea
Have a neutral expression.”



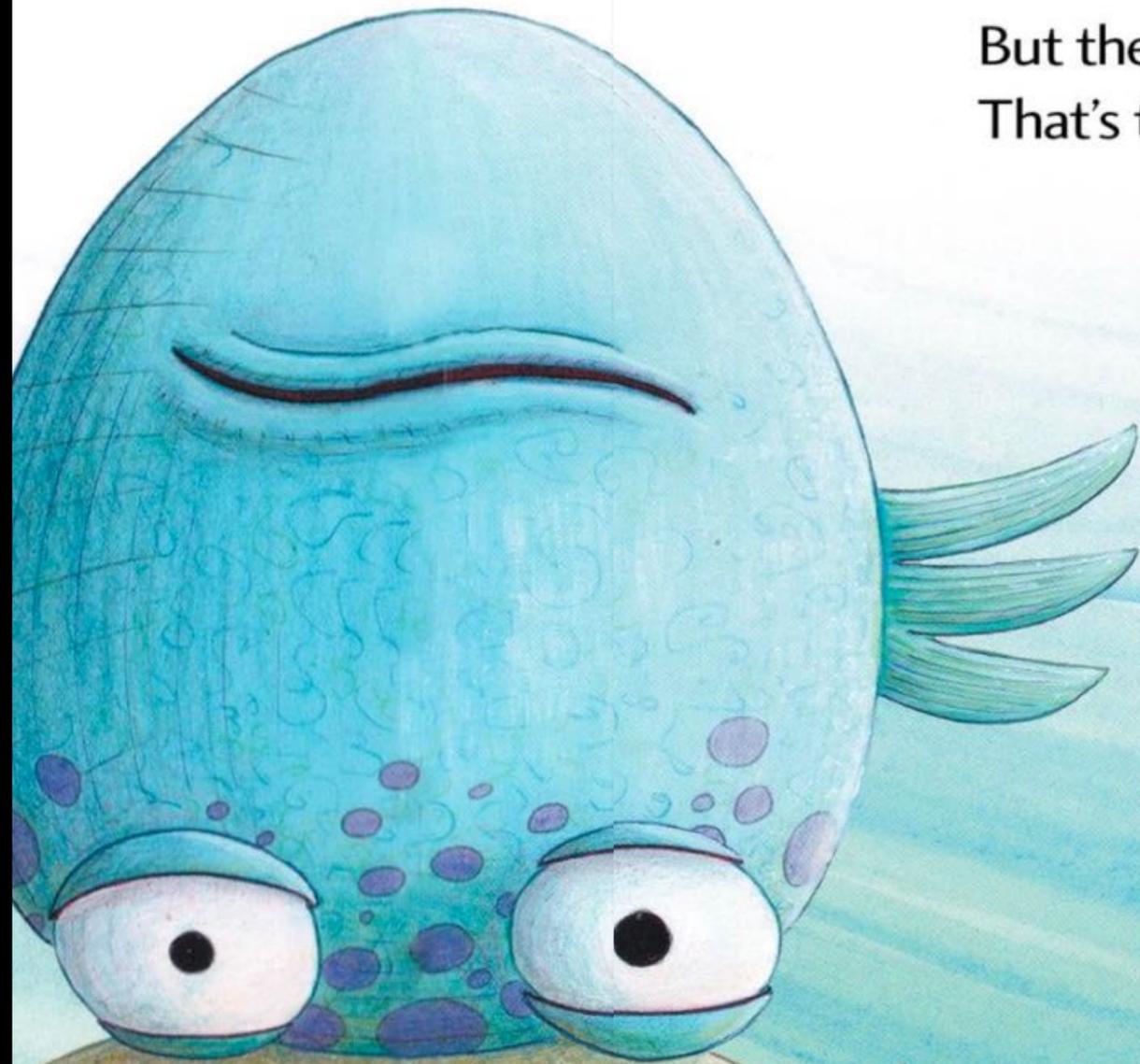
Fabulous Catfish departs
With a marvelous swish

And the eyes of the gang
Are on Mr. Fish.

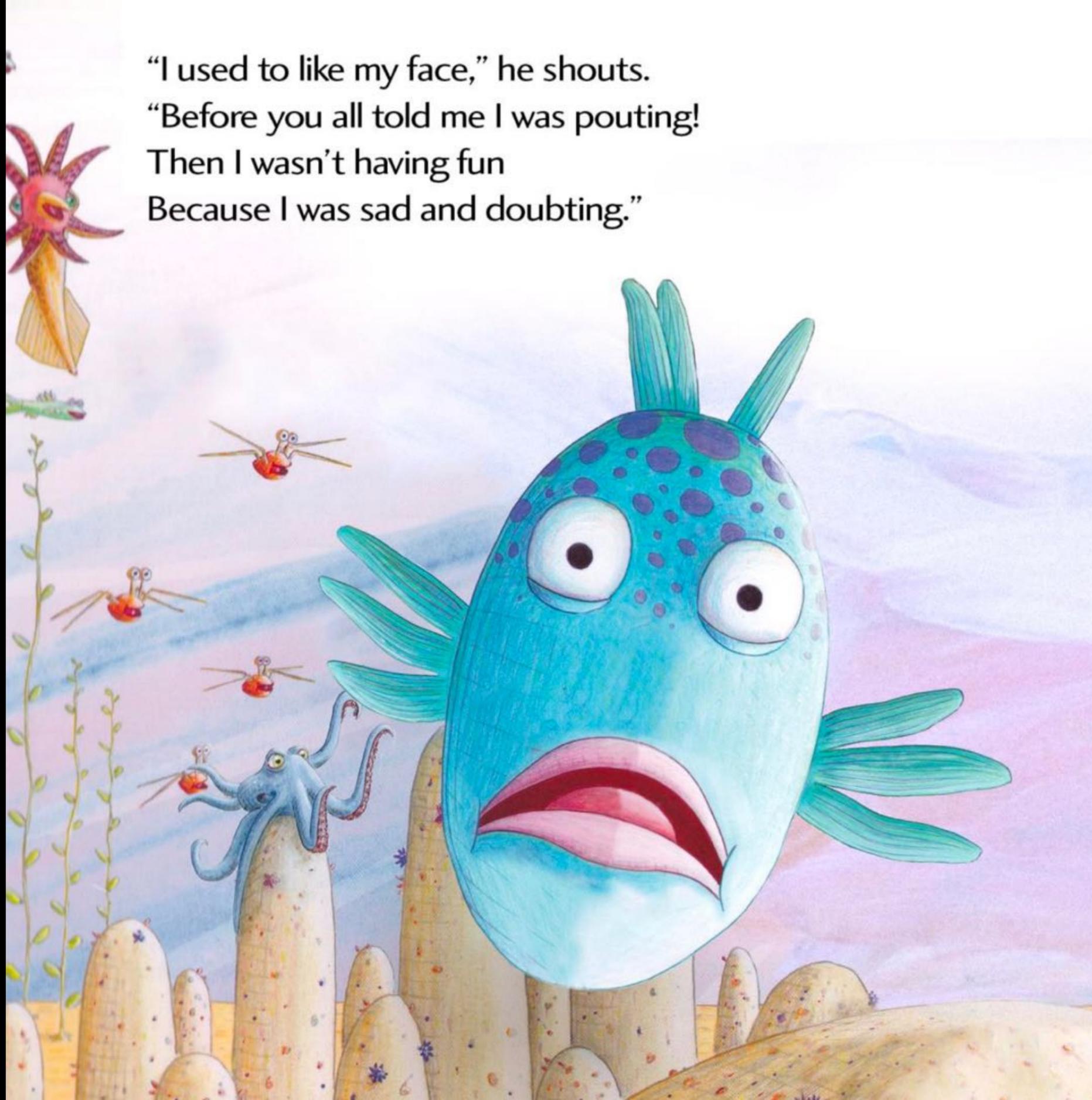
He remains on his back
Feeling some apprehension
Because his face once again
Is the center of attention.



But now he considers
And at last he sees clearly
It's not his face
But their judgment
That's the real dreary-weary.



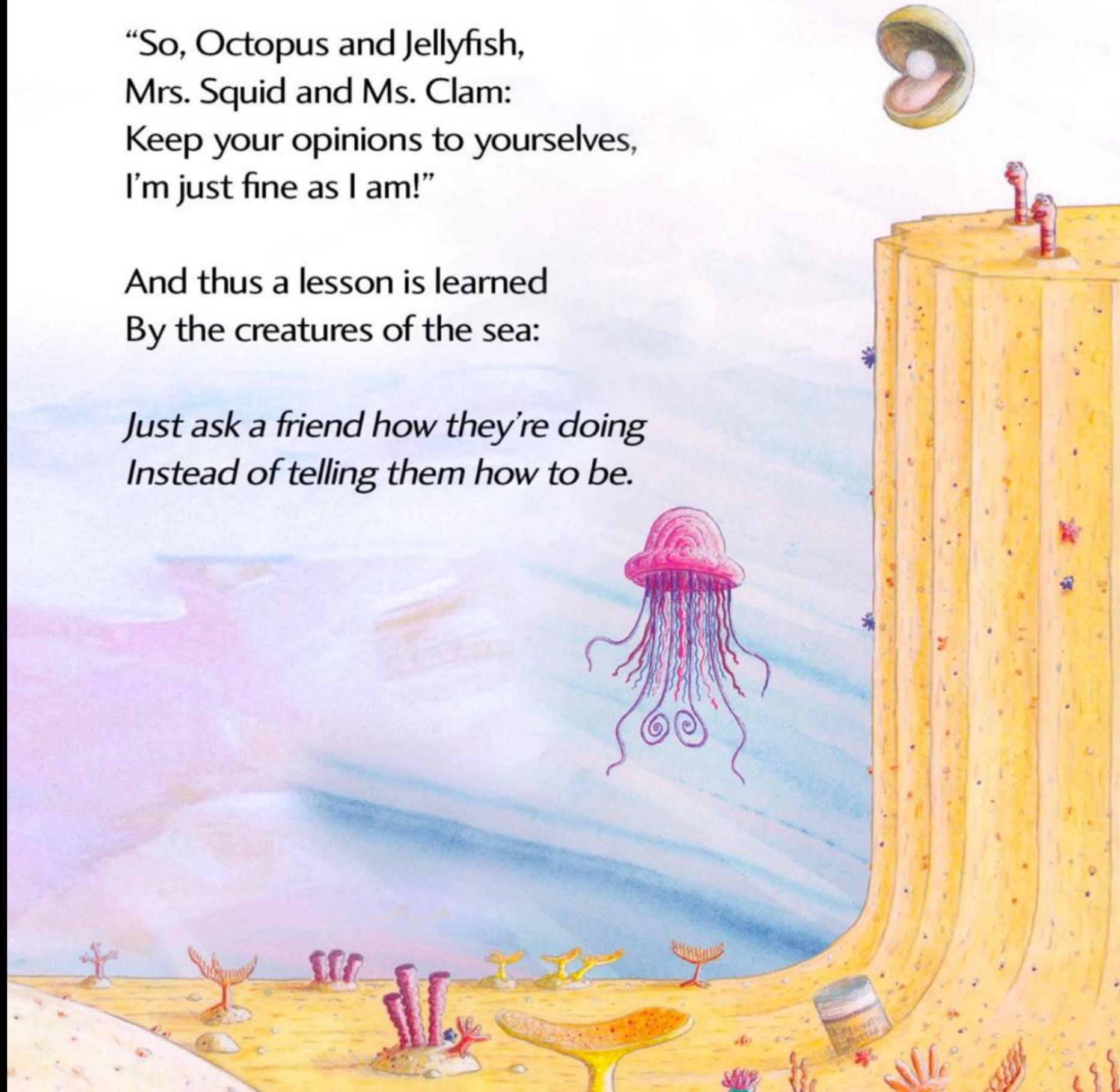
“I used to like my face,” he shouts.
“Before you all told me I was pouting!
Then I wasn’t having fun
Because I was sad and doubting.”

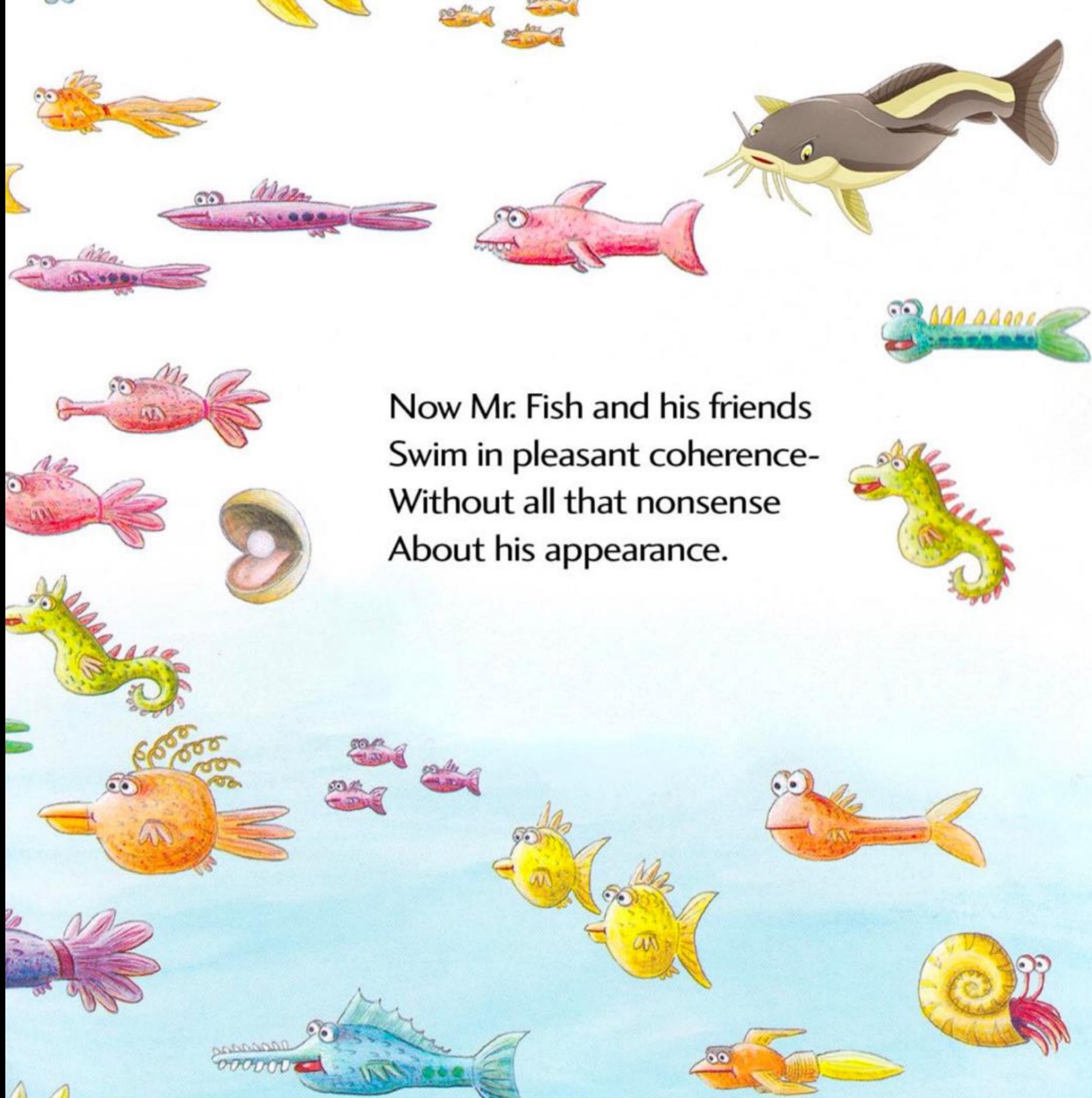


“So, Octopus and Jellyfish,
Mrs. Squid and Ms. Clam:
Keep your opinions to yourselves,
I’m just fine as I am!”

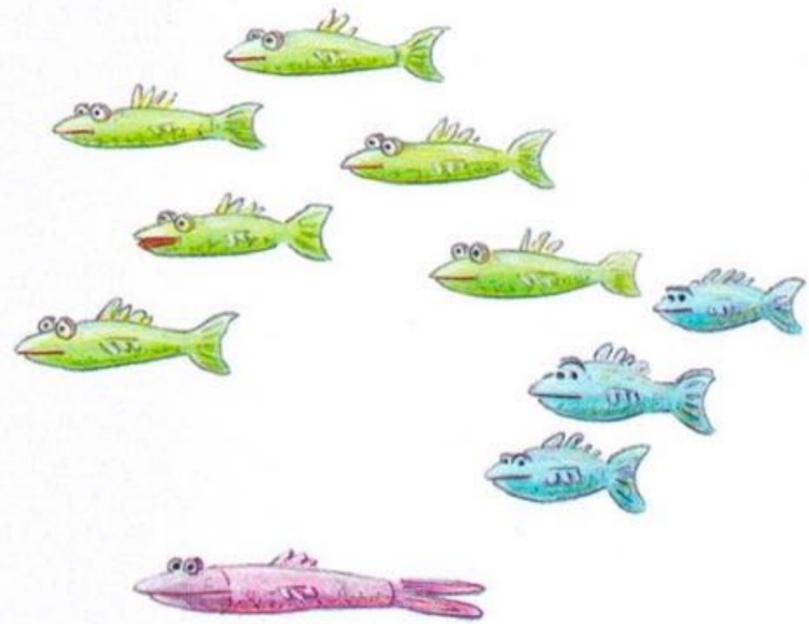
And thus a lesson is learned
By the creatures of the sea:

*Just ask a friend how they’re doing
Instead of telling them how to be.*





Now Mr. Fish and his friends
Swim in pleasant coherence-
Without all that nonsense
About his appearance.



And on the rare occasion

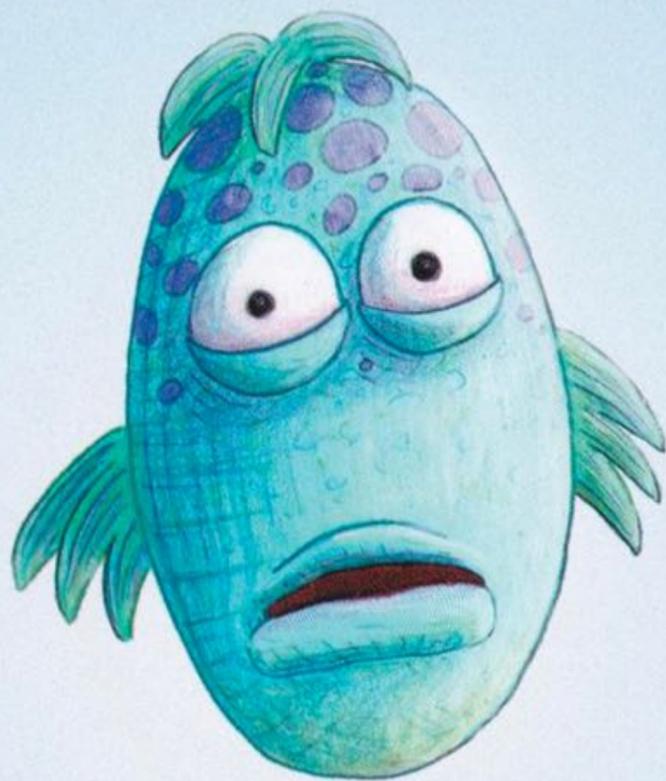
He still encounters a snub,

Mr. Fish swims away

Feeling fine,

Saying

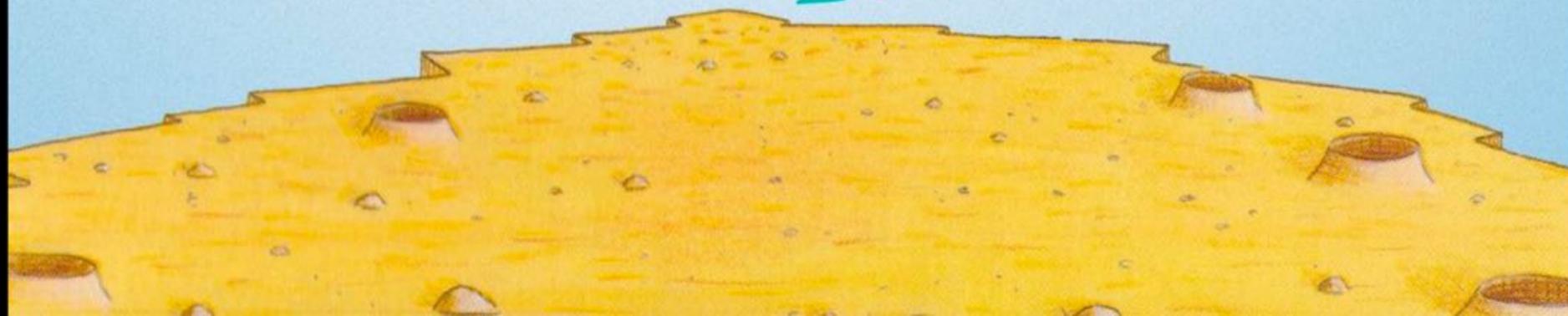




BLUB

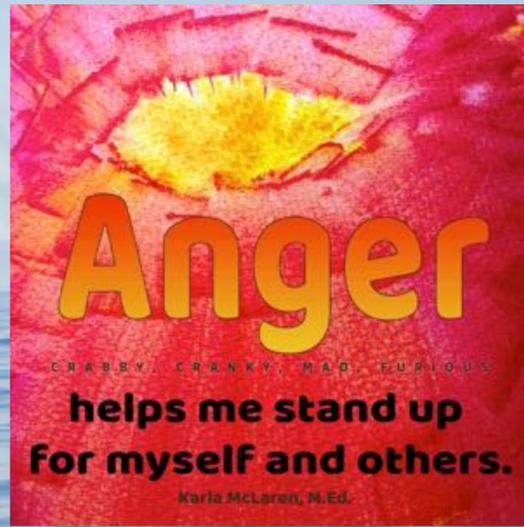
BLUUUB

BLUUUUUB

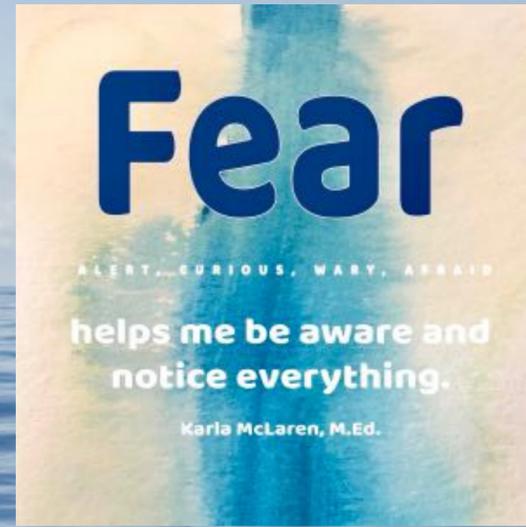


Emotions Check Out

Anger Family



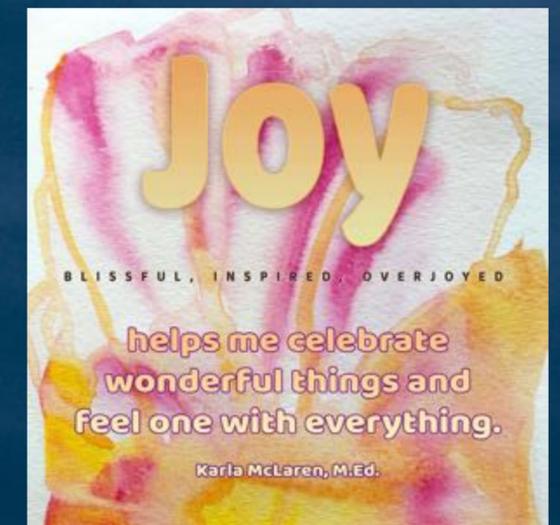
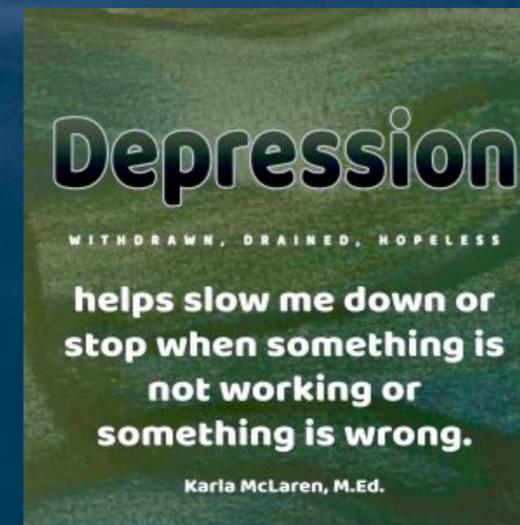
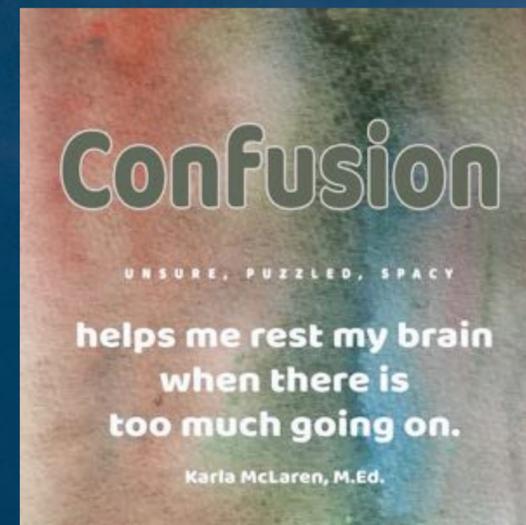
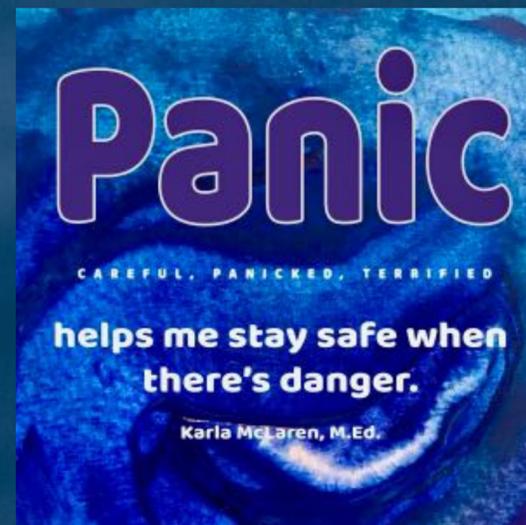
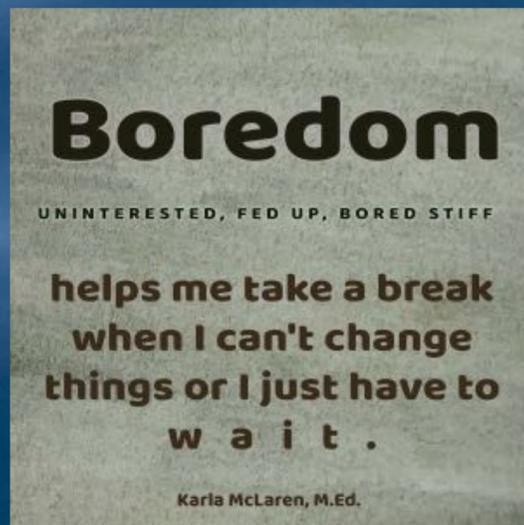
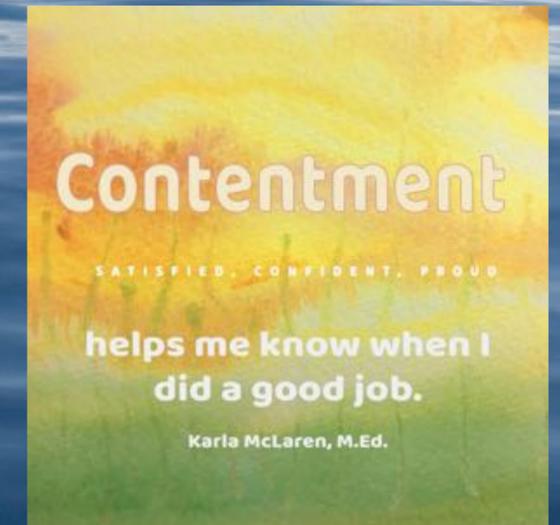
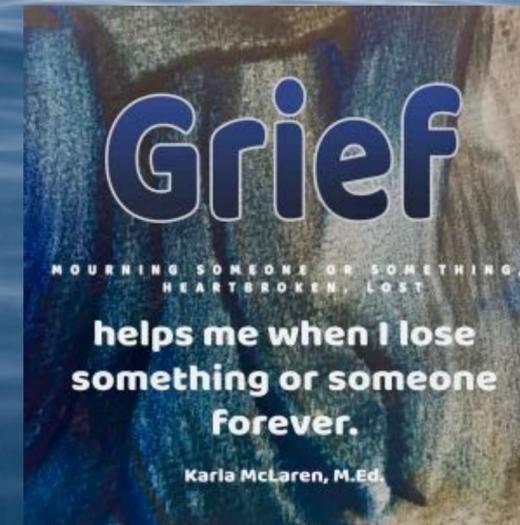
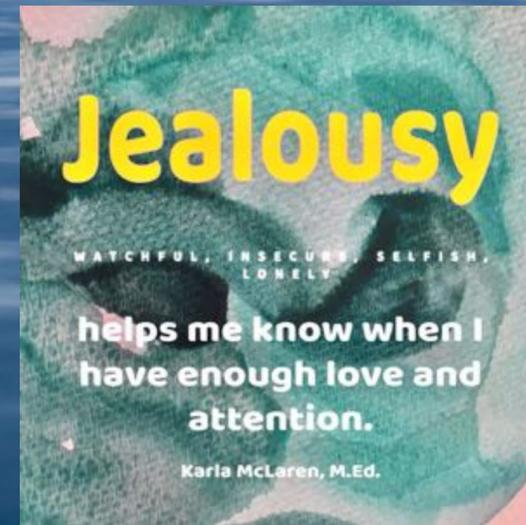
Fear Family



Sadness Family



Happiness Family





Metta Chant
(Boundless Friendliness)

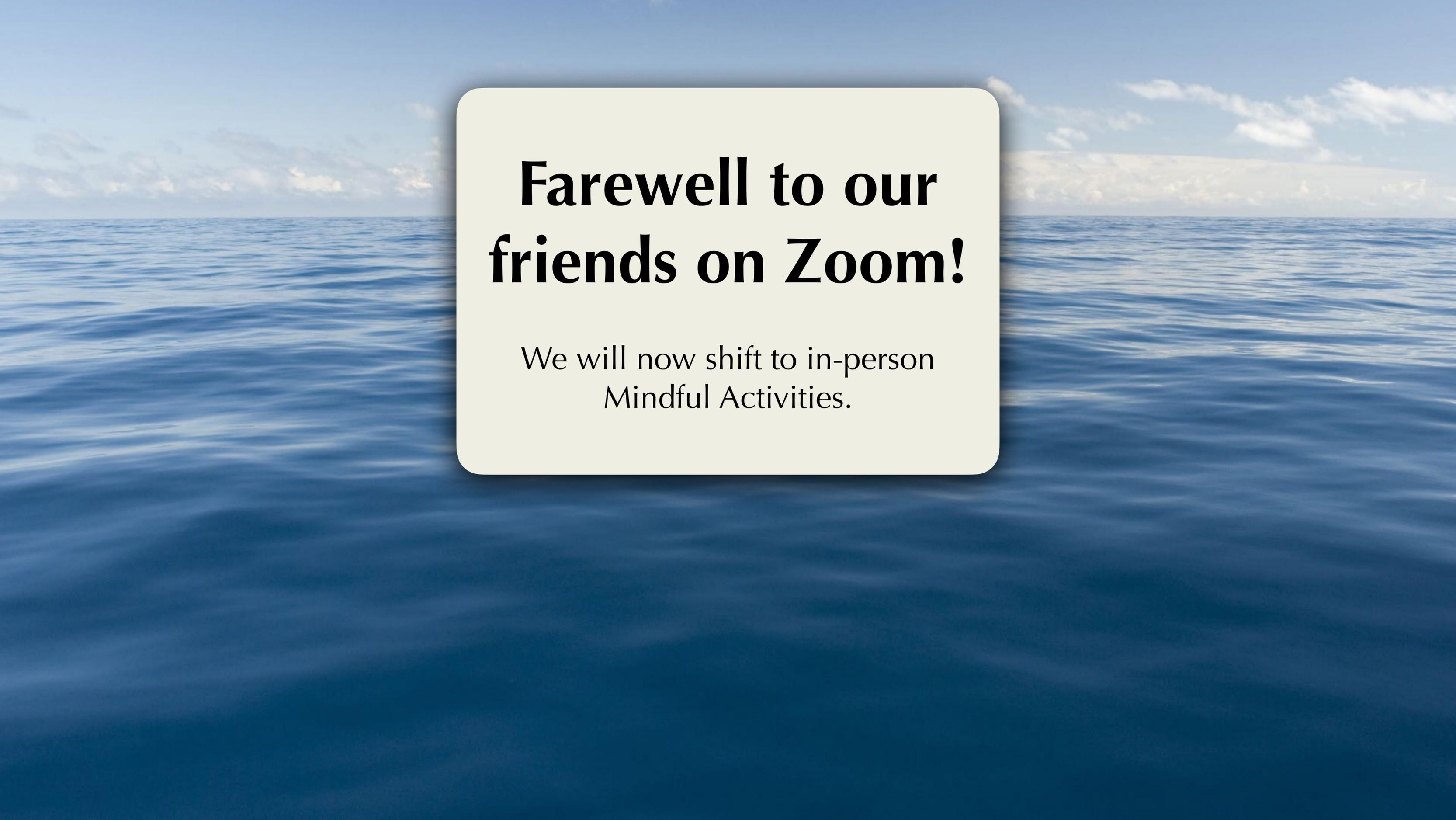
May all beings be free and
safe from harm.

May all beings be happy
and fulfilled.

May all beings be healthy
and strong.

May all beings have ease
and joy in their lives.

May all beings be free from
suffering.



Farewell to our friends on Zoom!

We will now shift to in-person
Mindful Activities.



Youth Practice Live #15: “Being At Home in an Ocean of Feelings”

Slides:

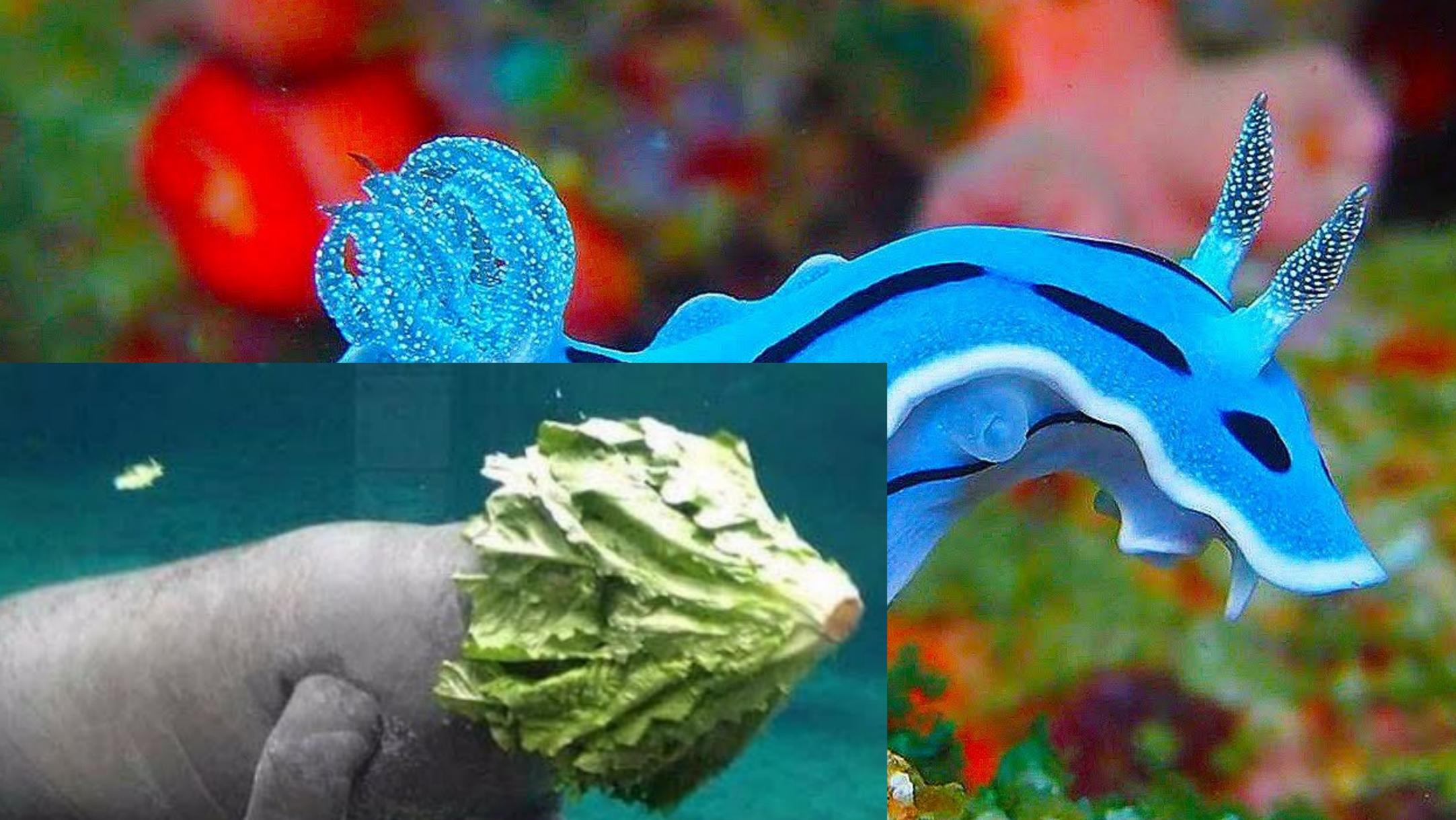
Kikan Michael Howard
Trina Brunk

Volunteers:

Sokyō Sherry Gwegorr
Chris Lorenz

Children:

Madeline, Clara, Arjun, Graham, Ava, Logan, Neo, Nicolai, Attie, Eric, Ronan, Sam, Gabe



I love manatees because they are so majestic

you did that on porpoise!