

Uniquely Me



ZEN TRIVIA

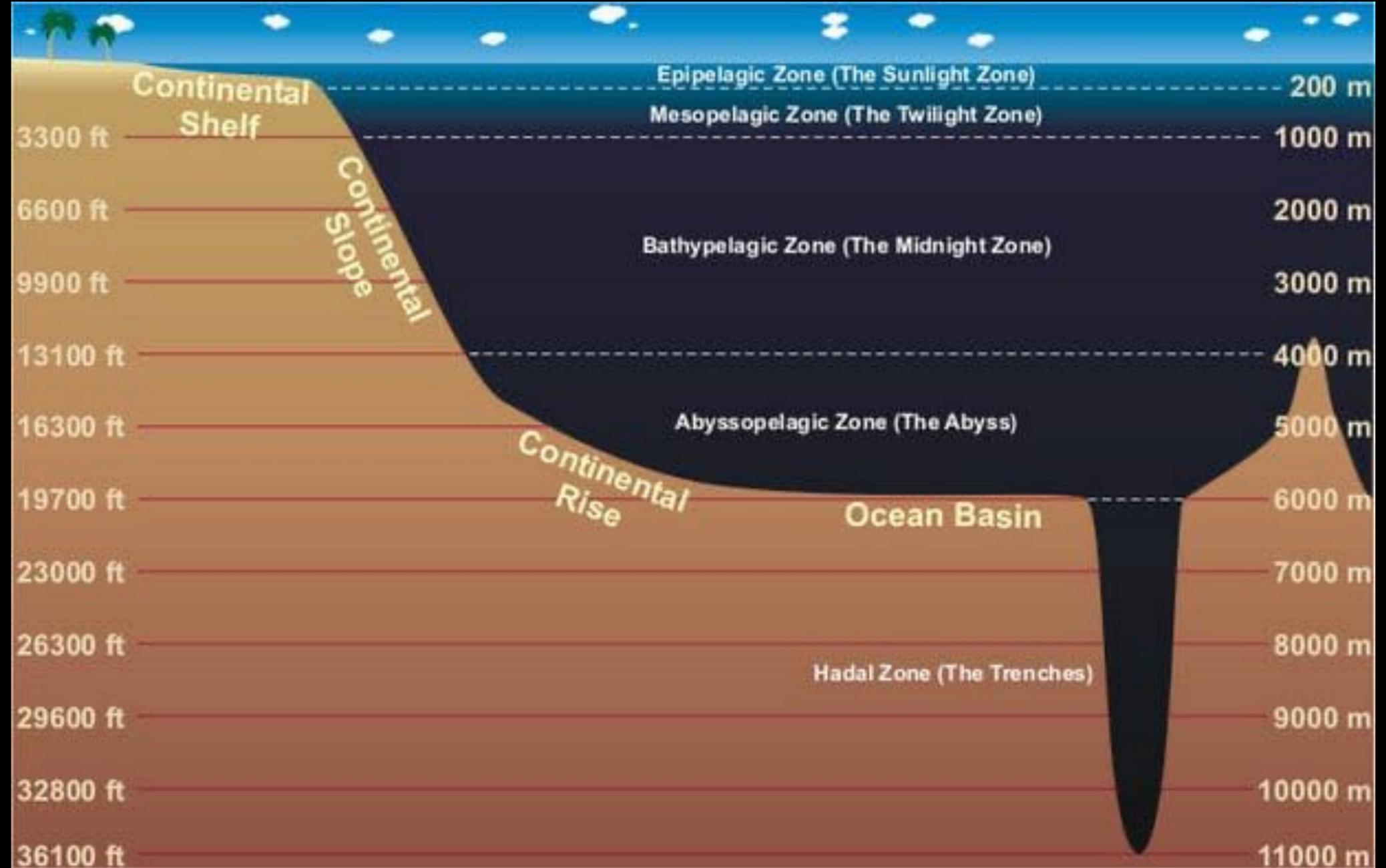
Answer me
these questions
three!



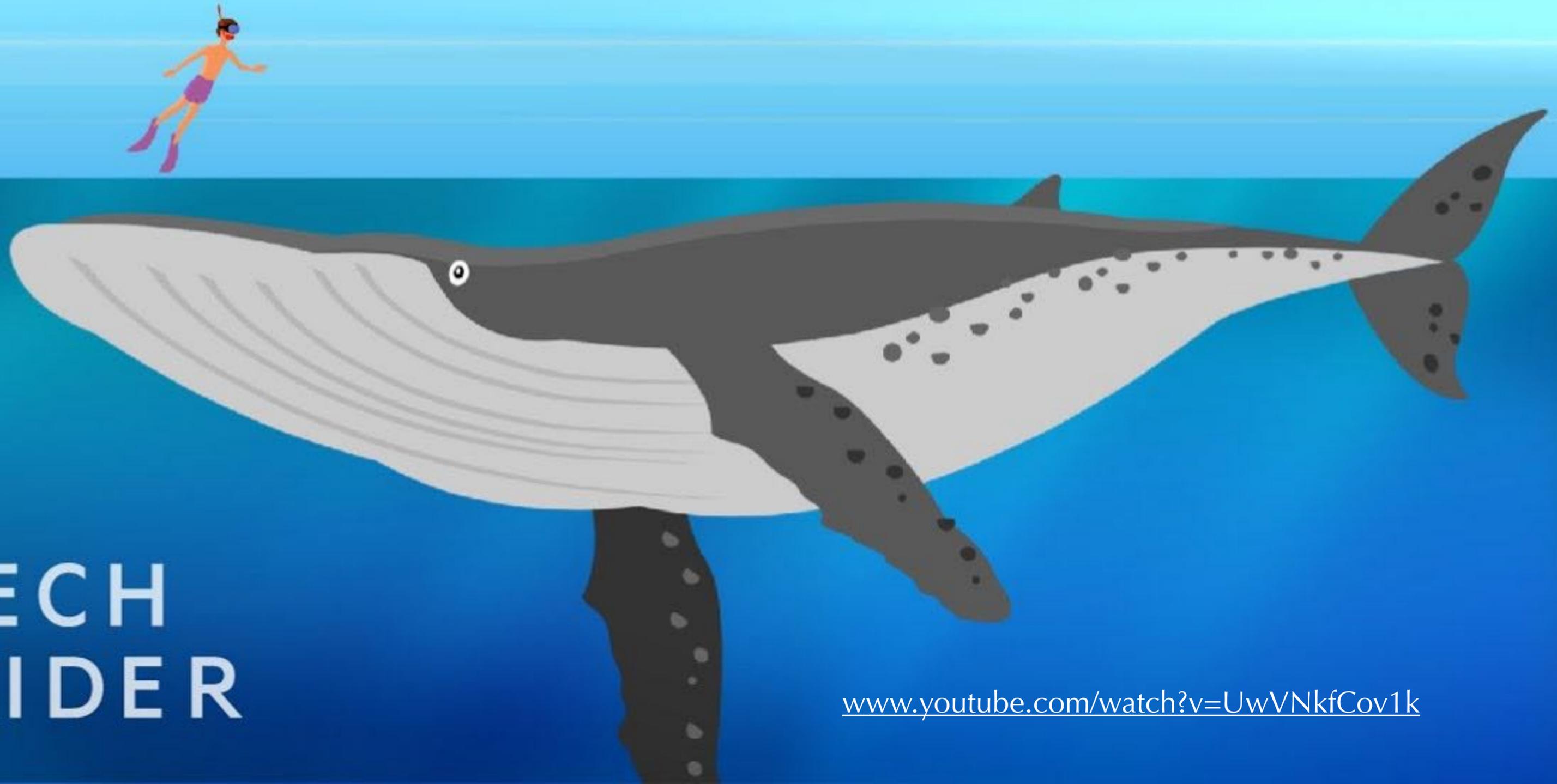
**Where is
the deepest
part of the
ocean?**



The Mariana Trench



HOW DEEP IS THE OCEAN?



TECH
INSIDER

www.youtube.com/watch?v=UwVNkfCov1k

**What is the
longest fish
name?**

LAUWILINUKUNUKU'OI'OI.



LAUWILINUKUNUKU'OI'OI

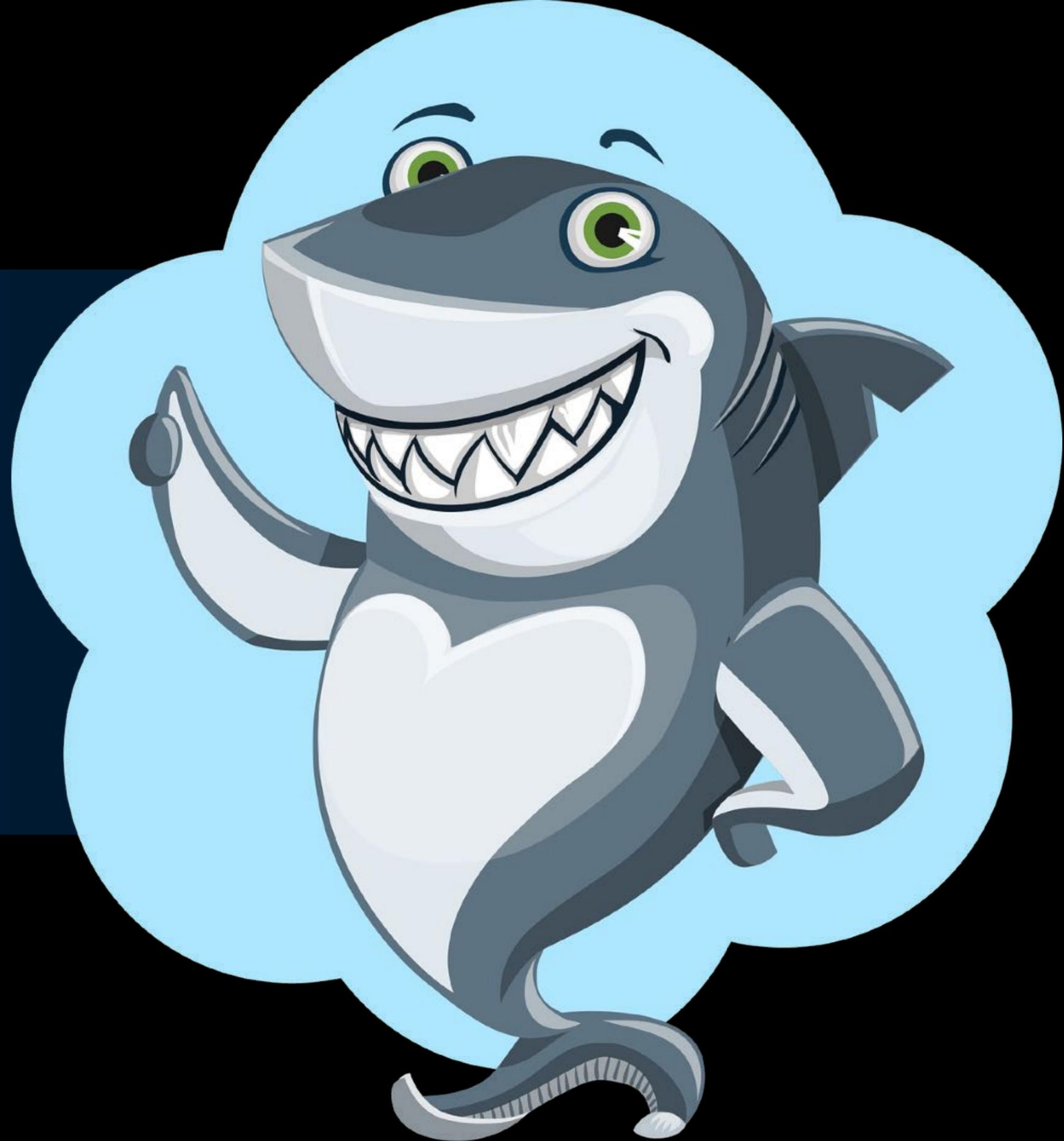
This Hawa'ian fish's name means "long-snouted fish shaped like a wiliwili leaf" (the wiliwili is a Hawaiian tree).

Another cool fact about the lauwilininukunuku'oi'oi is that they mate for life, just like other butterflyfish species. Monogamous relations are not common in fishes, and mostly found in tropical and subtropical waters. Care needed from two parents, joint defense of territories, and difficulties in finding a mate all can play a role [source].





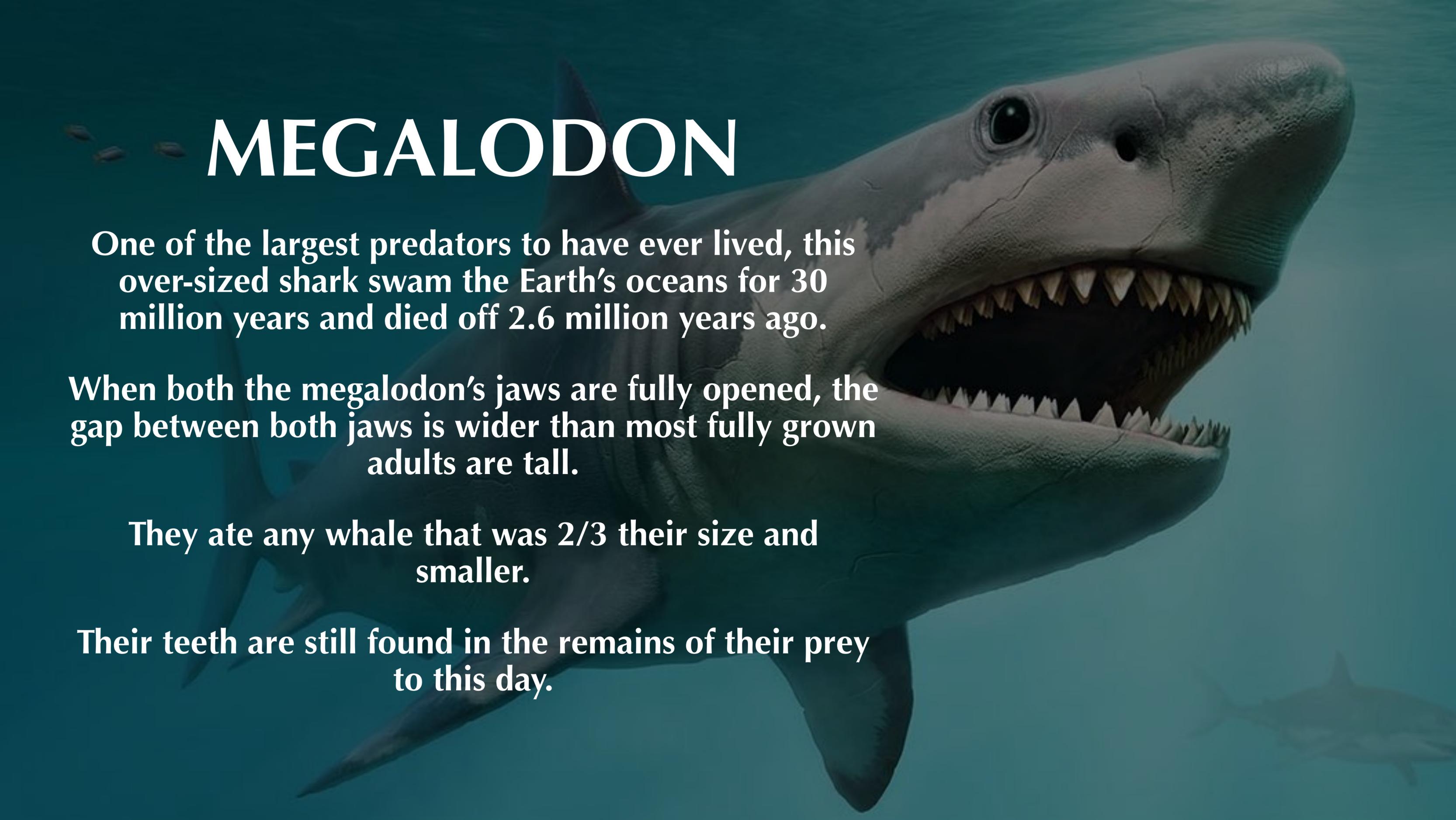
**What was the
biggest shark
species ever?**



MEGALODON



MEGALODON

A large Megalodon shark is shown swimming in the ocean. The shark is greyish-brown with a lighter underbelly. Its mouth is wide open, revealing rows of sharp, pointed teeth. The background is a deep teal color, representing the ocean. The shark is positioned on the right side of the frame, facing left.

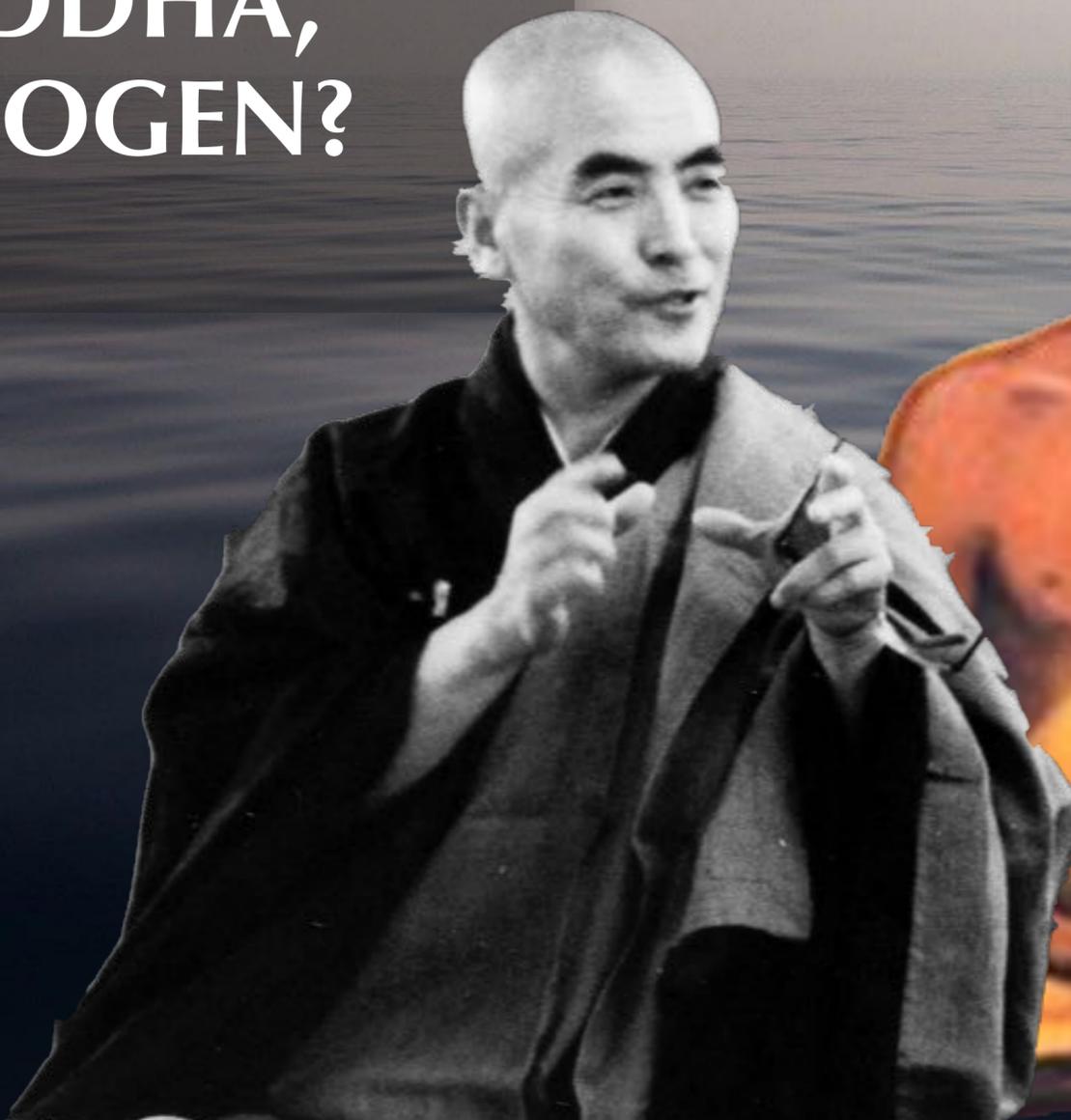
One of the largest predators to have ever lived, this over-sized shark swam the Earth's oceans for 30 million years and died off 2.6 million years ago.

When both the megalodon's jaws are fully opened, the gap between both jaws is wider than most fully grown adults are tall.

They ate any whale that was $\frac{2}{3}$ their size and smaller.

Their teeth are still found in the remains of their prey to this day.

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

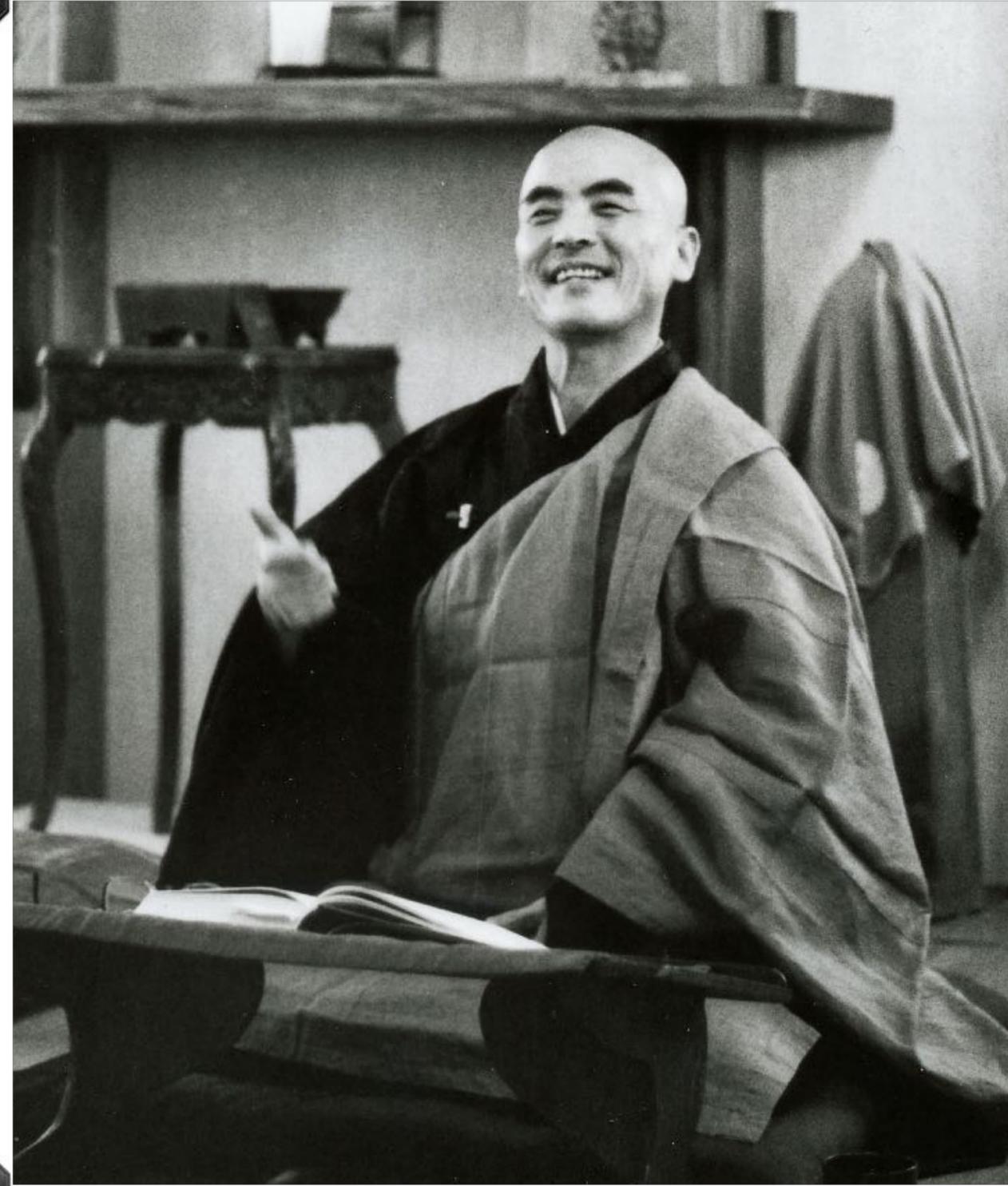


WHO SAID:

The ocean is open to everything. So, you should just be one with the ocean. What do we mean by “being one with the ocean”? Should I just be in the ocean without doing anything? No. If you jump into the ocean, you must be you...



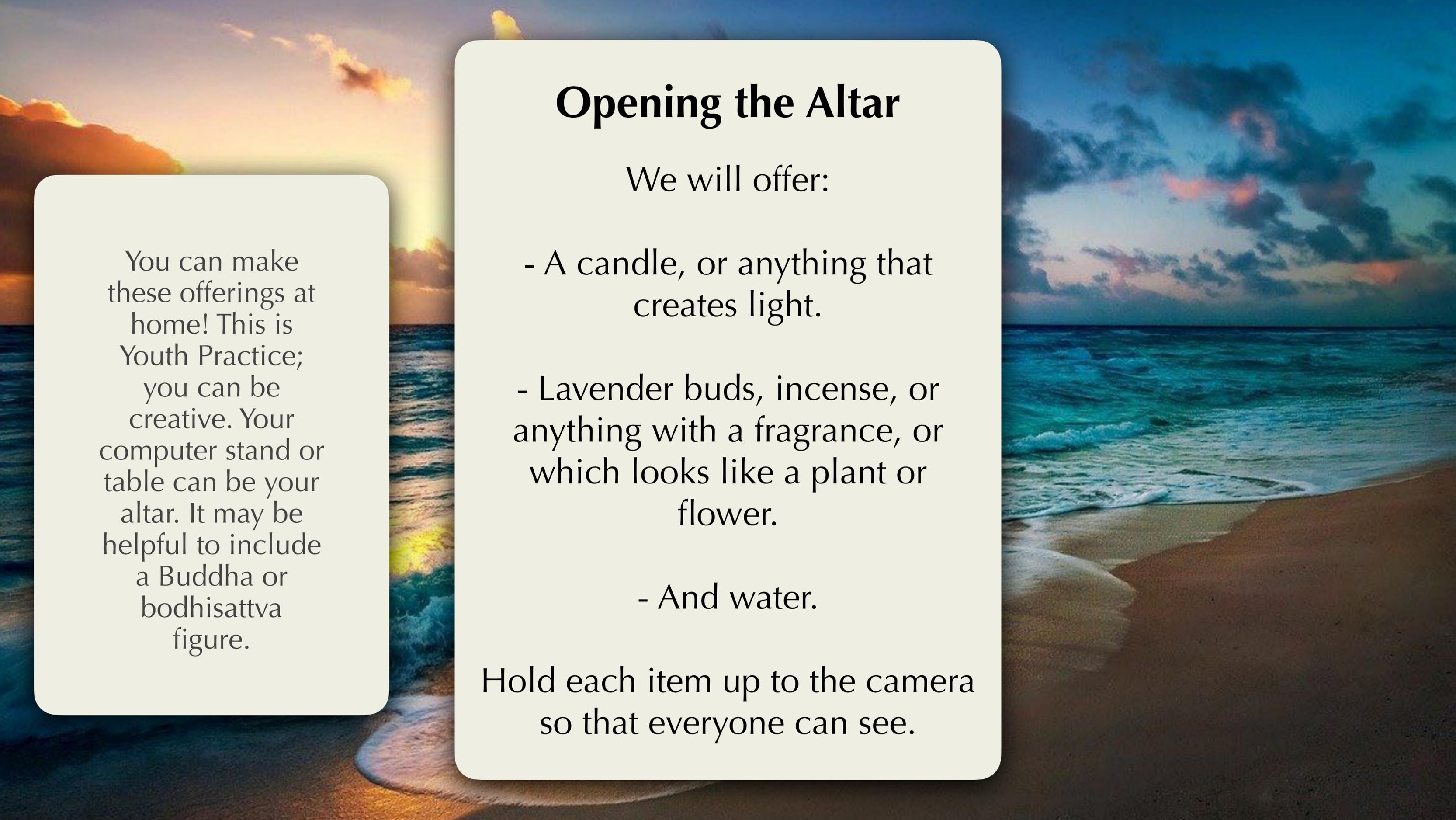
**Dainin
Katagiri
Roshi**



Katagiri Roshi continued:

If you jump into the ocean, you must be you, because there is a question of how well you can swim. How well you can swim is different between you and I, between fish and boat. So, if you go to the ocean and dive into it, you have to be yourself as you really are – which is called “according to how well you can swim”. Who are you: boat, or fish? Small fish, or big fish? But either way, the ocean completely accepts you.





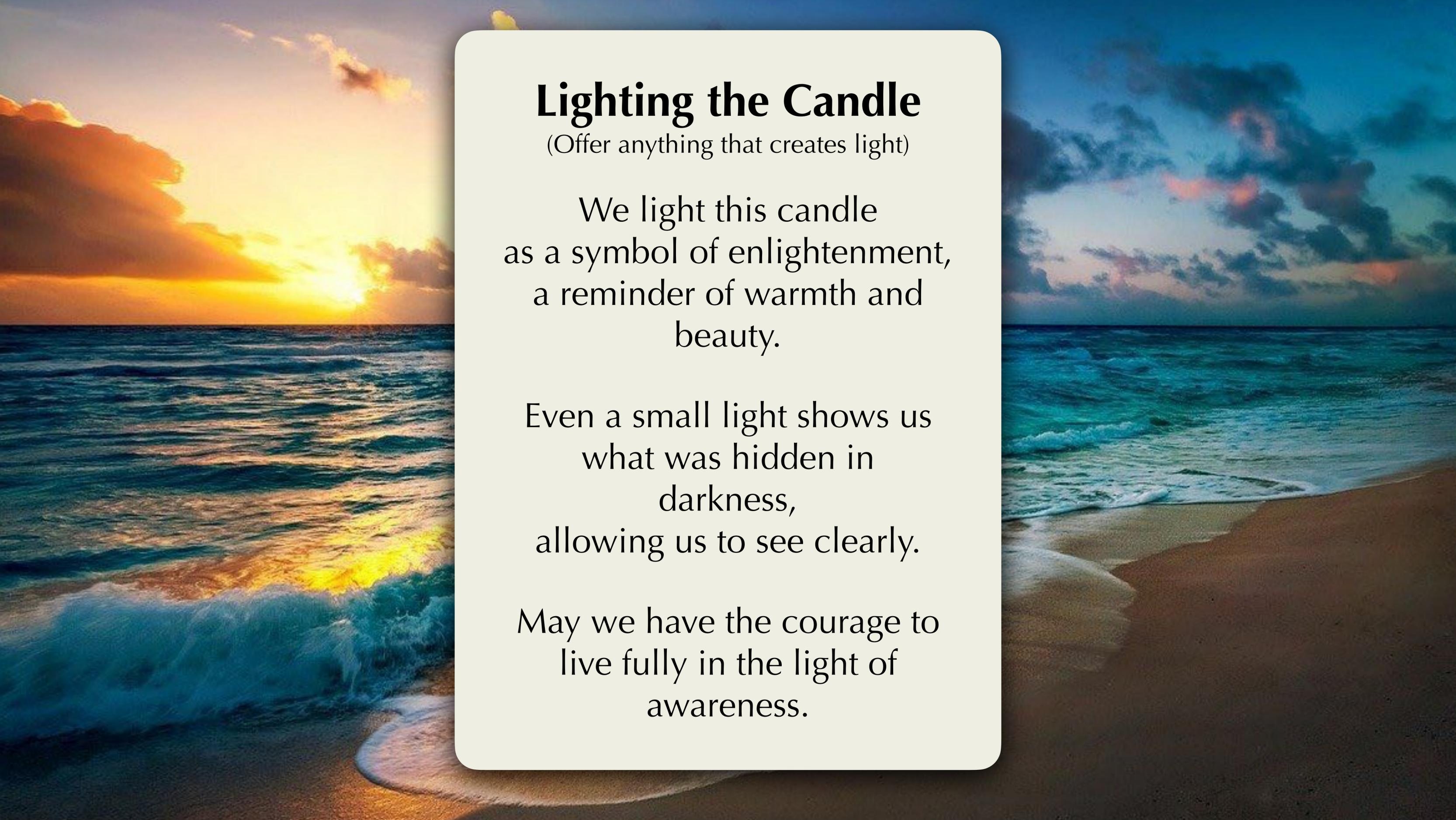
You can make these offerings at home! This is Youth Practice; you can be creative. Your computer stand or table can be your altar. It may be helpful to include a Buddha or bodhisattva figure.

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

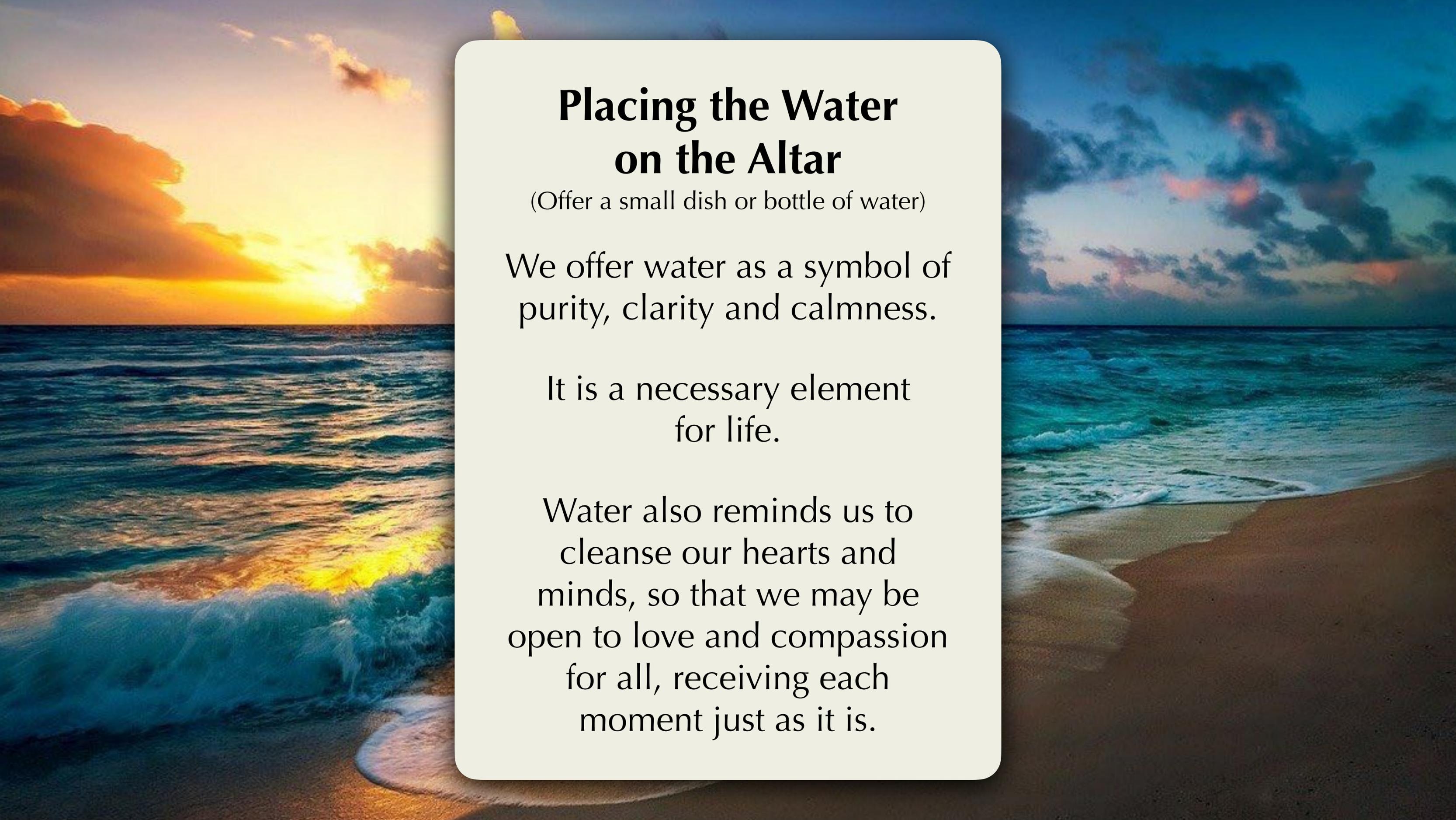
(Offer anything that has a fragrance or resembles a plant, or incense)

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.



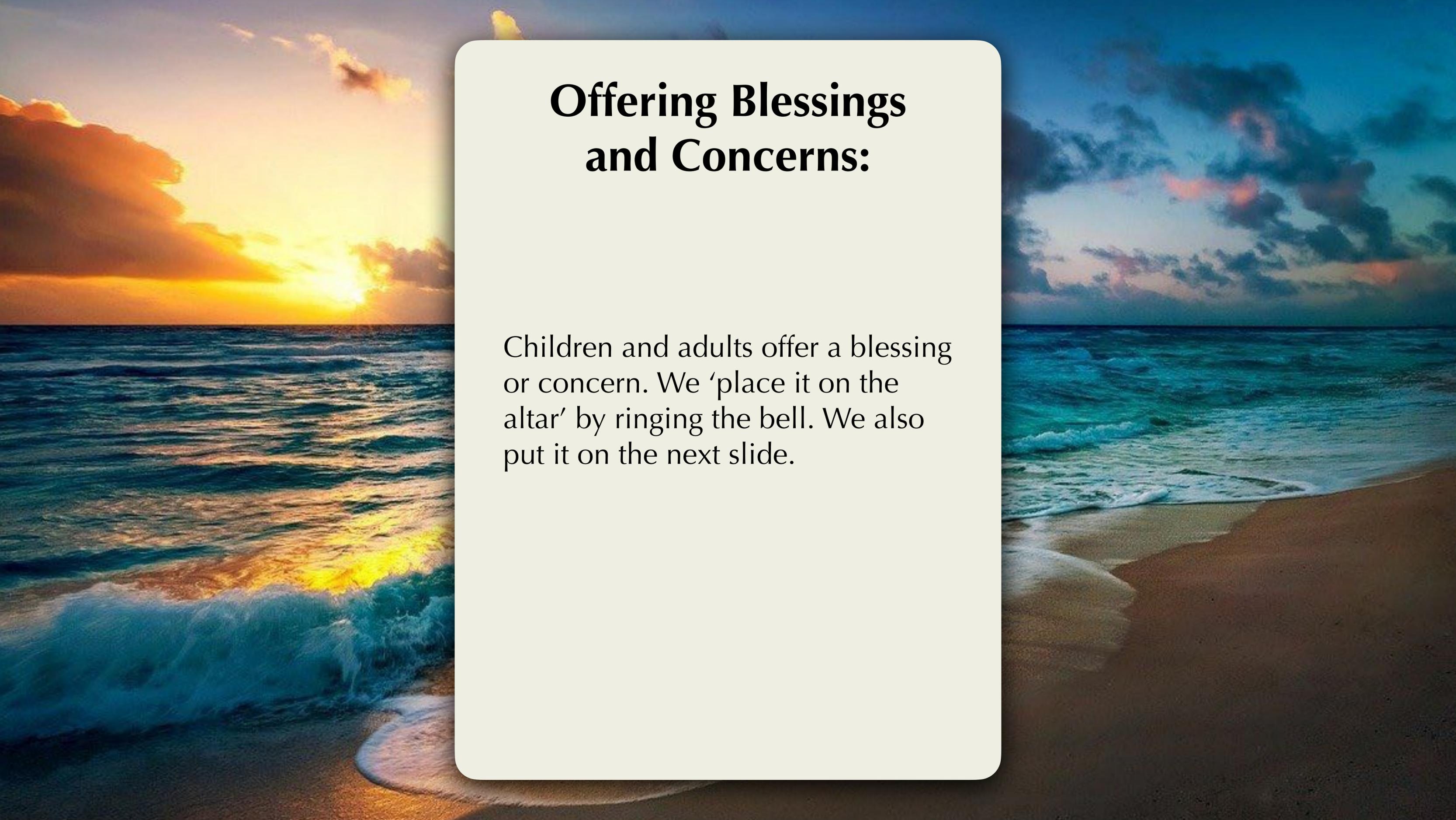
Placing the Water on the Altar

(Offer a small dish or bottle of water)

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

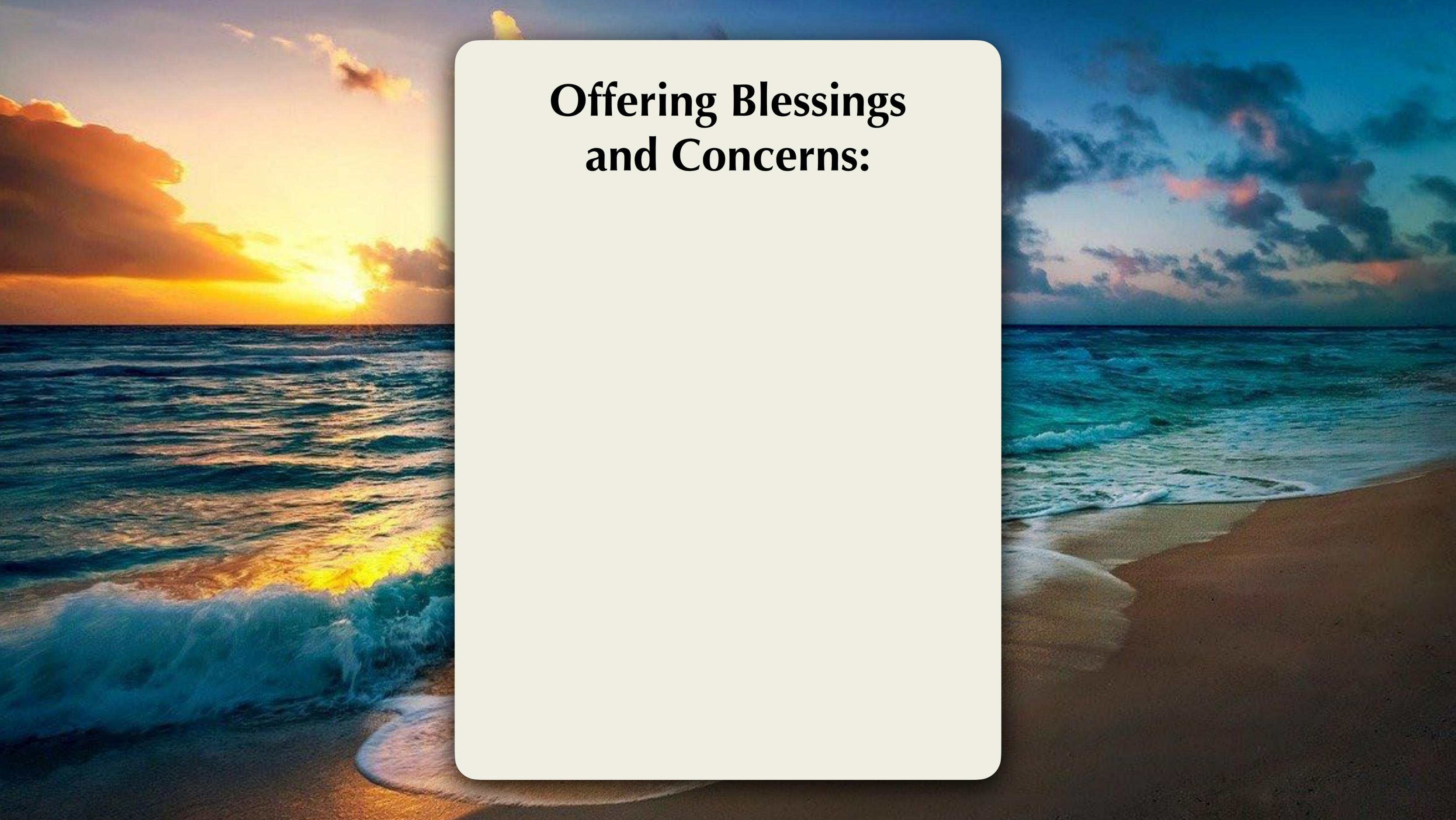
It is a necessary element
for life.

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:**



Movement



Meditation



Story Time



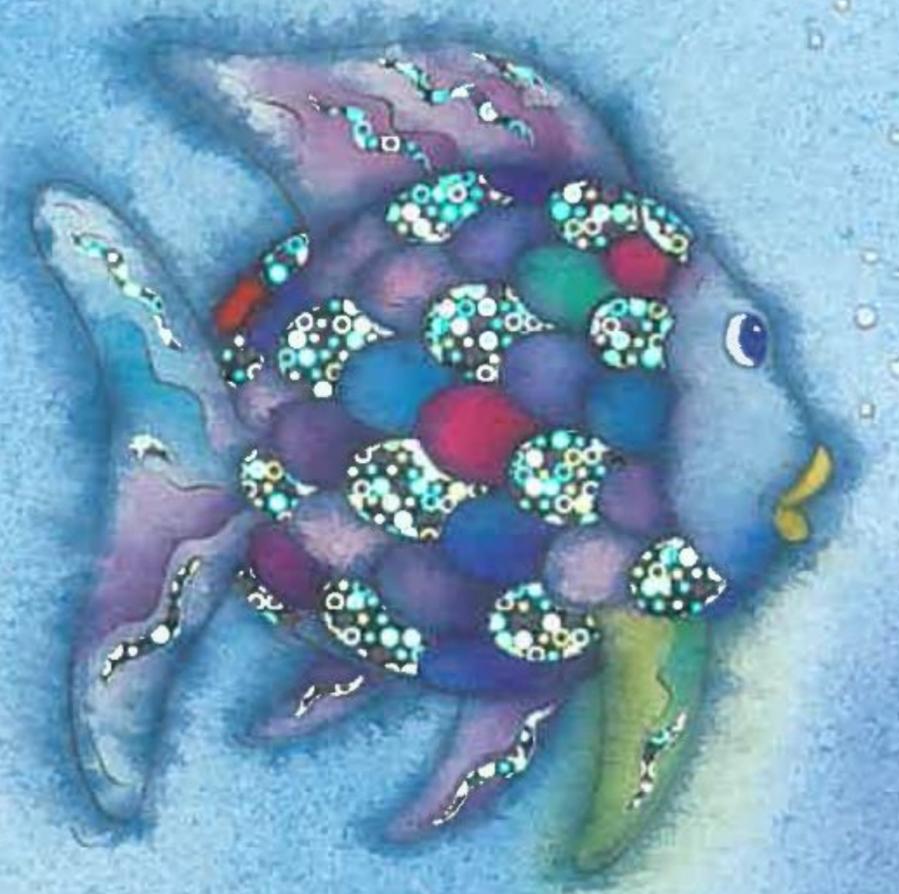
MARCUS PFISTER

THE RAINBOW FISH

A long way out in the deep blue sea there lived a fish. Not just an ordinary fish, but the most beautiful fish in the entire ocean. His scales were every shade of blue and green and purple, with sparkling silver scales among them.



The other fish were amazed at his beauty. They called him Rainbow Fish. "Come on, Rainbow Fish," they would call. "Come and play with us!" But the Rainbow Fish would just glide past, proud and silent, letting his scales shimmer.



One day, a little blue fish followed after him.
"Rainbow Fish," he called, "wait for me!
Please give me one of your shiny scales. They
are so wonderful, and you have so many."



How do you think the
little fish felt?

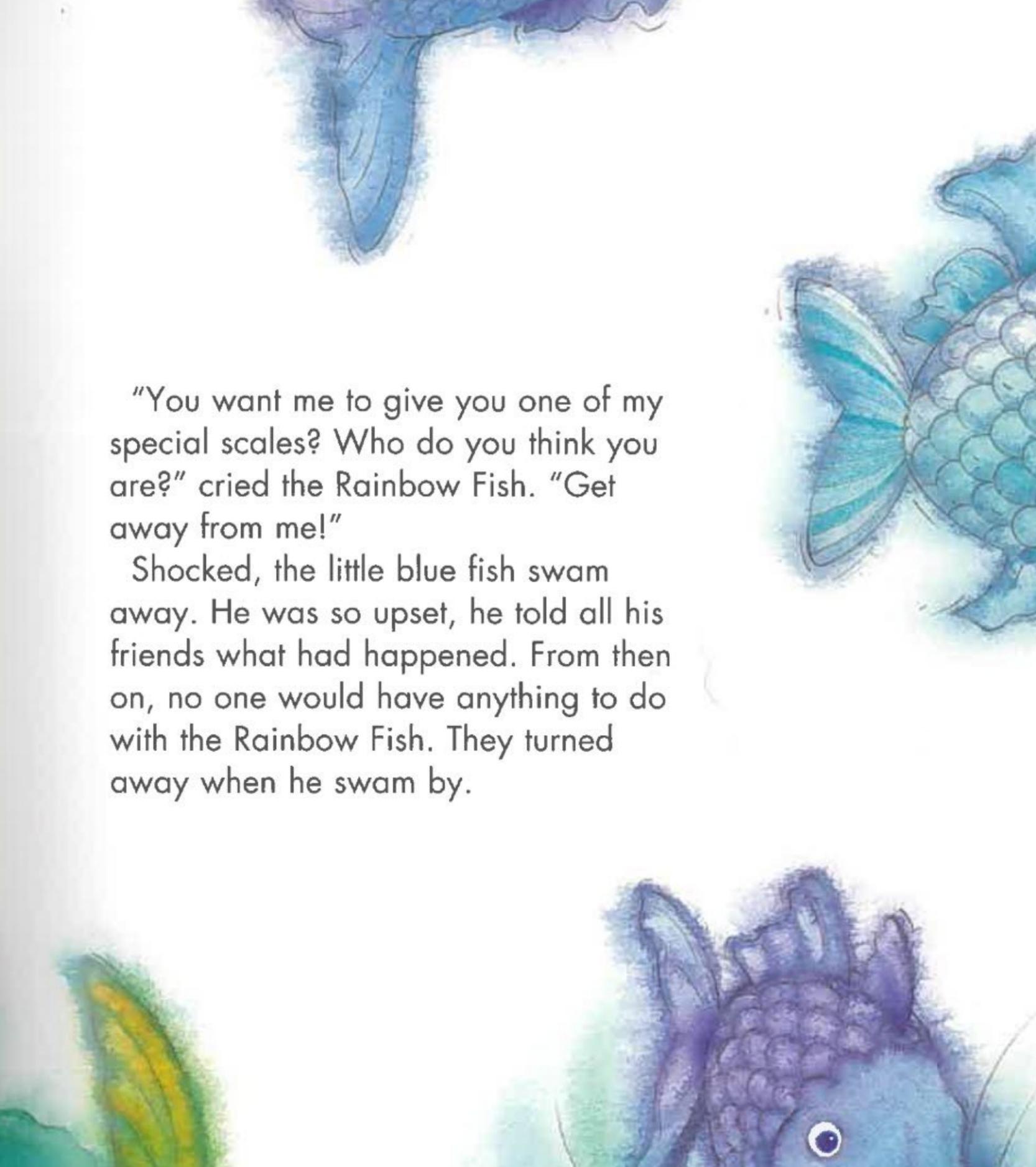
How do you think the
Rainbow fish felt?





"You want me to give you one of my special scales? Who do you think you are?" cried the Rainbow Fish. "Get away from me!"

Shocked, the little blue fish swam away. He was so upset, he told all his friends what had happened. From then on, no one would have anything to do with the Rainbow Fish. They turned away when he swam by.



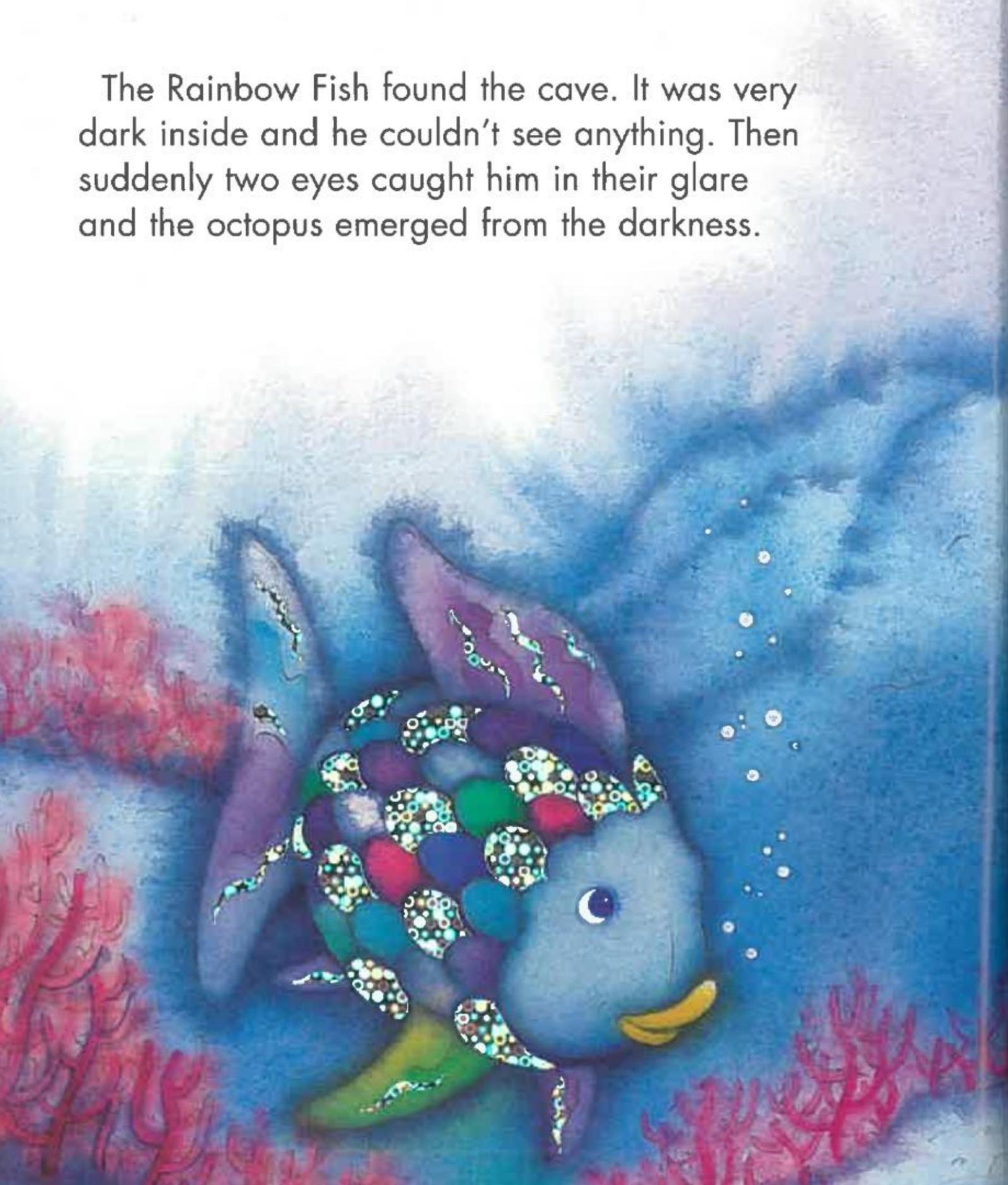


What good were the dazzling, shimmering scales with no one to admire them? Now he was the loneliest fish in the entire ocean.

One day he poured out his troubles to the starfish. "I really am beautiful. Why doesn't anybody like me?"

"I can't answer *that* for you," said the starfish. "But if you go beyond the coral reef to a deep cave you will find the wise octopus. Maybe she can help you."

The Rainbow Fish found the cave. It was very dark inside and he couldn't see anything. Then suddenly two eyes caught him in their glare and the octopus emerged from the darkness.



"I have been waiting for you," said the octopus with a deep voice. "The waves have told me your story. This is my advice. Give a glittering scale to each of the other fish. You will no longer be the most beautiful fish in the sea, but you will discover how to be happy."





"I can't . . ." the Rainbow Fish started to say, but the octopus had already disappeared into a dark cloud of ink.

Give away my scales? My beautiful shining scales? Never. How could I ever be happy without them?



Suddenly he felt the light touch of a fin.
The little blue fish was back!

"Rainbow Fish, please, don't be angry.
I just want one little scale."

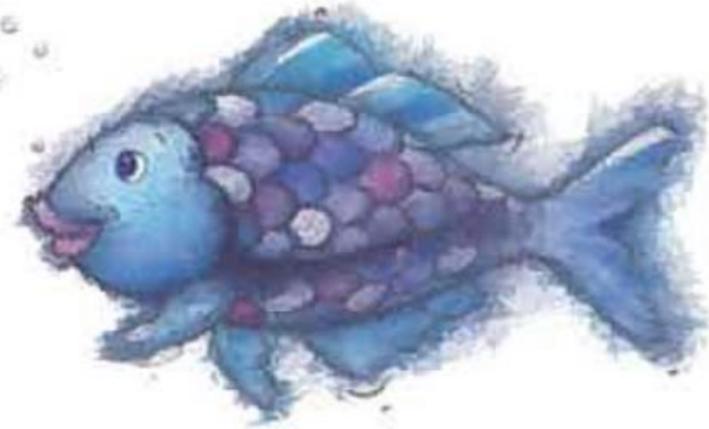
The Rainbow Fish wavered. Only one
very very small shimmery scale, he thought.
Well, maybe I wouldn't miss just one.



Carefully the Rainbow Fish pulled out the smallest scale and gave it to the little fish.

"Thank you! Thank you very much!" The little blue fish bubbled playfully, as he tucked the shiny scale in among his blue ones.

A rather peculiar feeling came over the Rainbow Fish. For a long time he watched the little blue fish swim back and forth with his new scale glittering in the water.





The little blue fish whizzed through the ocean with his scale flashing, so it didn't take long before the Rainbow Fish was surrounded by the other fish. Everyone wanted a glittering scale.

The Rainbow Fish shared his scales left and right. And the more he gave away, the more delighted he became. When the water around him filled with glimmering scales, he at last felt at home among the other fish.



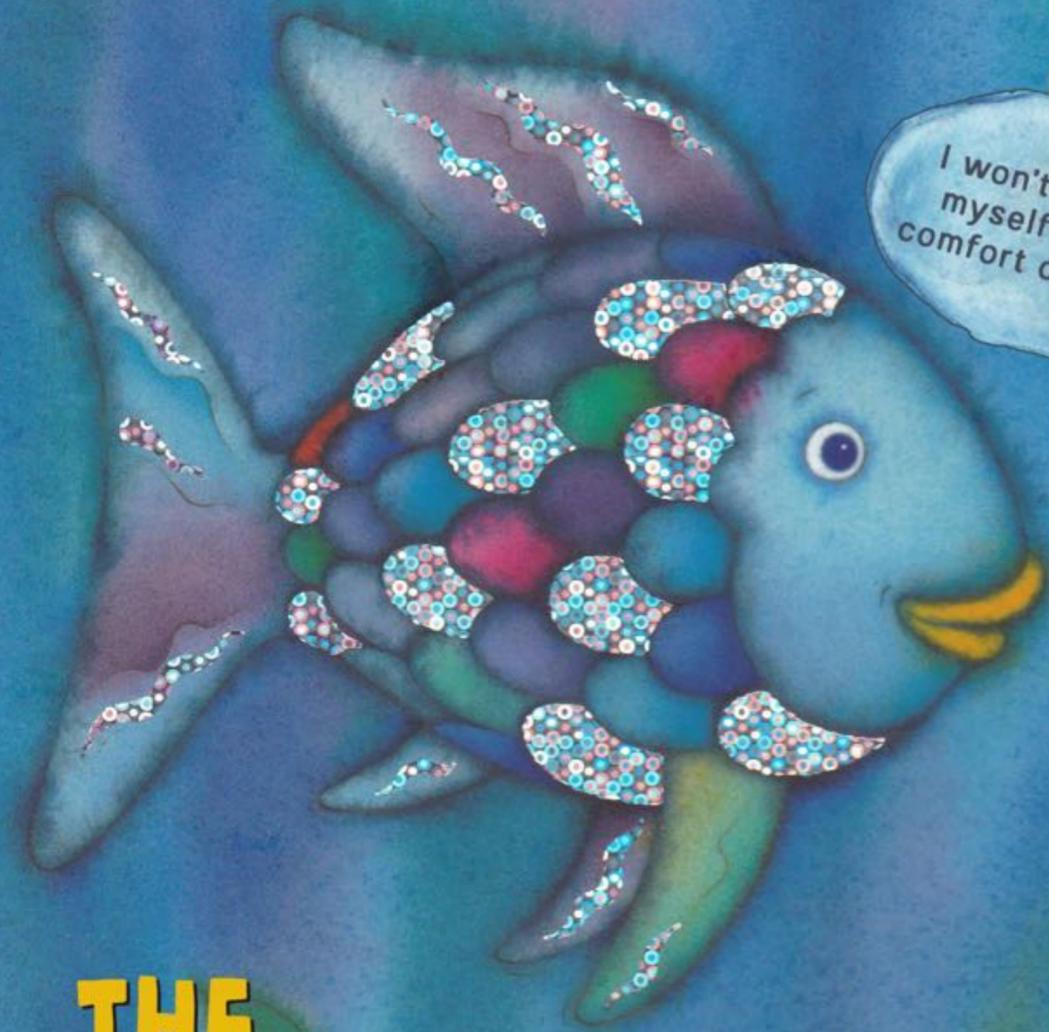


Finally the Rainbow Fish had only one shining scale left. His most prized possessions had been given away, yet he was very happy.

"Come on, Rainbow Fish," they called. "Come and play with us!"

"Here I come," said the Rainbow Fish and, happy as a splash, he swam off to join his friends.

Topher Payne



THE RAINBOW FISH KEEPS HIS SCALES

An alternate ending to the book by Marcus Pfister
Created for The Atlanta Artist Relief Fund Story Time

Just read "The Rainbow Fish" as usual, right up to the visit to the octopus.
Then, make the switch and read this as an alternative to everything that follows.

“I can’t...” The Rainbow Fish started to say, but the octopus had already disappeared into a dark cloud of ink, which is the octopus version of hanging up on someone, and it is a very abrupt and rude way to end a conversation.

Then the rainbow fish heard a voice from behind him.

“Excuse me? Little rainbow fish?”



The Rainbow Fish
turned to see...





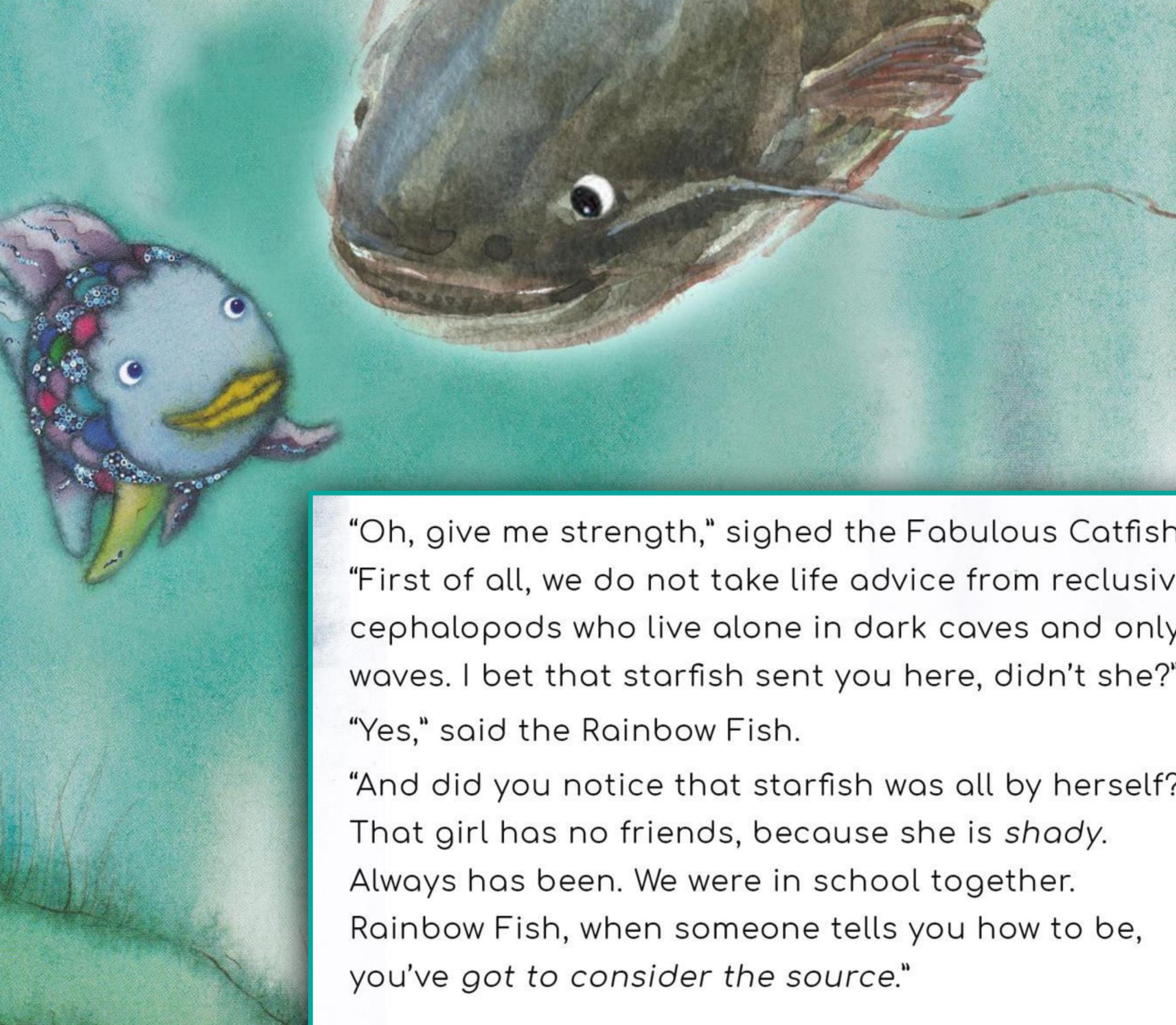
The *Fabulous Catfish*.

The Fabulous Catfish was very popular. His dinner parties were legendary because his entire body was covered in taste buds, so he had a notably refined palate. He was also known for his charitable giving to nonprofit organizations.



“What did that octopus just say to you?” the Fabulous Catfish inquired, seeming a bit exasperated.

“The octopus told me to give away all my glittering scales, so that I could make friends,” said the Rainbow Fish.



“Oh, give me strength,” sighed the Fabulous Catfish.

“First of all, we do not take life advice from reclusive cephalopods who live alone in dark caves and only talk to waves. I bet that starfish sent you here, didn’t she?”

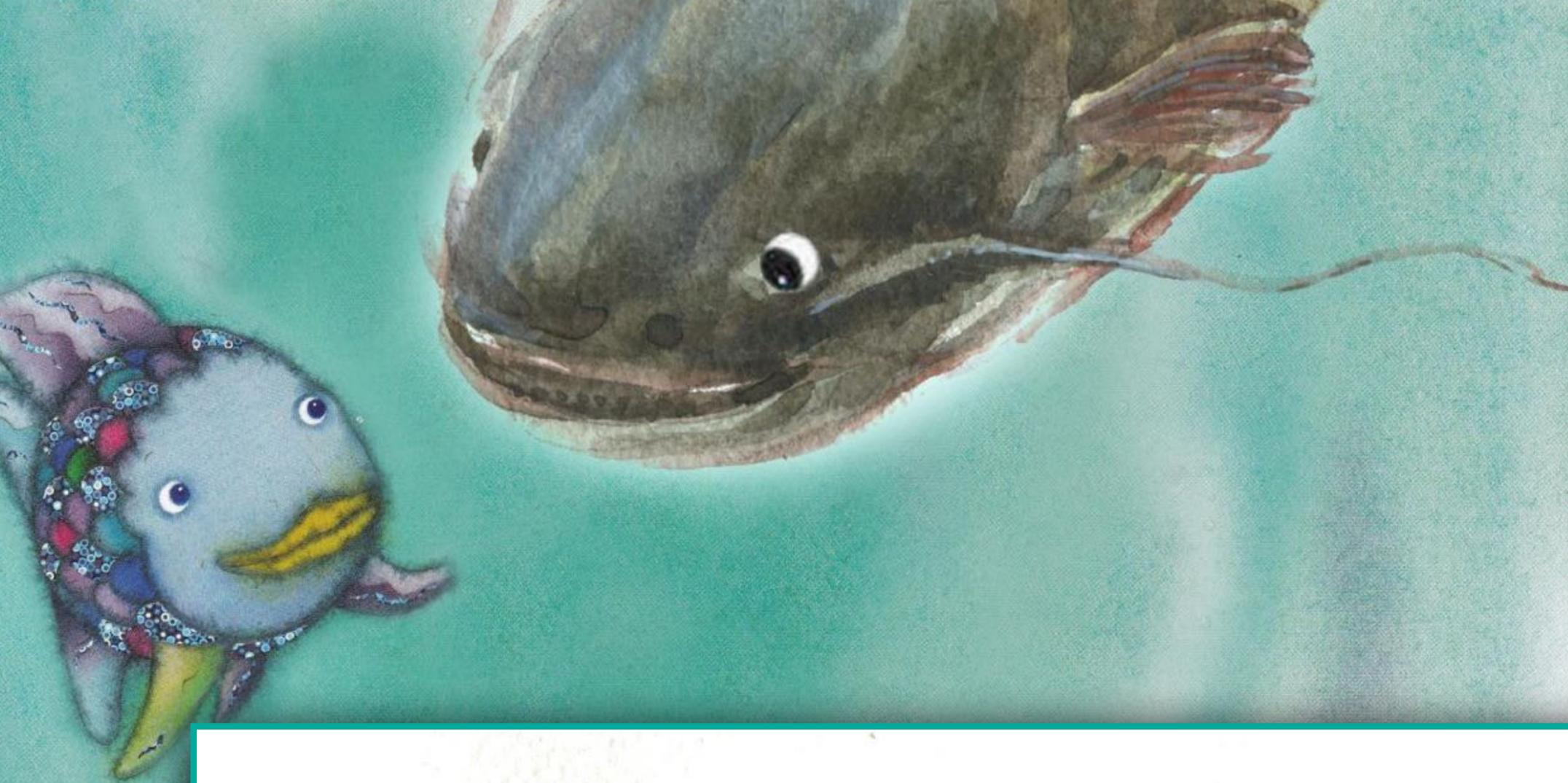
“Yes,” said the Rainbow Fish.

“And did you notice that starfish was all by herself?

That girl has no friends, because she is *shady*.

Always has been. We were in school together.

Rainbow Fish, when someone tells you how to be, you’ve *got to consider the source.*”



“Now, I’ve seen you around,” the Fabulous Catfish continued. “I’ve noticed you tend to swim solo these days. Why is that?”

“The other fish don’t want to play with me because they’re jealous of my glittering scales,” said the Rainbow Fish.

“Oh, is that the reason?” said the Fabulous Catfish, giving the fish equivalent of arching an eyebrow. “Or is it because you got a little full of yourself, and forgot to appreciate others?”

The Rainbow Fish considered this. He felt guilty.



“You need to understand, Rainbow Fish. Every creature in the sea has something that makes them special. Just as special as your scales. So when someone tells you that your scales are beautiful, instead of getting a big head about it, say thank you and give a compliment in return. Tell the lobster how strong her claws are. Tell the shark he has excellent teeth. Sharks love it when you notice their teeth.”



“You have very impressive whiskers,” said the Rainbow Fish, trying out an accolade.

“Thank you! And you have soulful eyes.”

No one had ever complimented Rainbow Fish’s eyes before. Compliments were fun!



“Now,” said the Fabulous Catfish. “I want you to look for what is exceptional in others. When you celebrate what makes each of us distinctive,
you become part of a community.”



“Thank you, Fabulous Catfish,” said the Rainbow Fish, excited to begin his new approach.

“I’m sure glad I didn’t listen to that rude octopus!”



“I’m glad too, Rainbow Fish.
Go out there and glitter.
And remember:
It’s important to consider
the feelings of others,
but you should never feel obligated
to diminish yourself
for someone else’s comfort.”



There's room enough in the sea
for each of us to be amazing
in our own way."

The Rainbow Fish began the journey home,
appreciating his wonderful neighbors as he traveled.



“Hello Mackerel!
You’re the fastest swimmer
I’ve ever seen!”

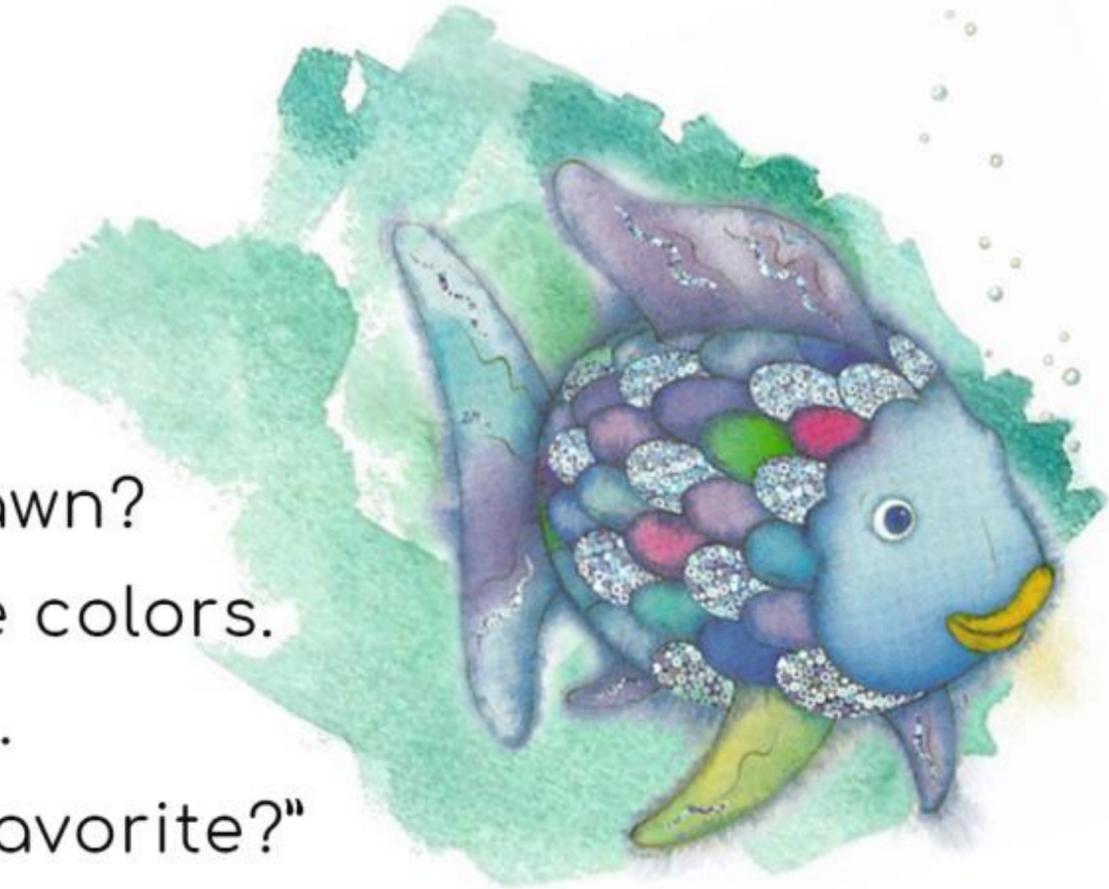


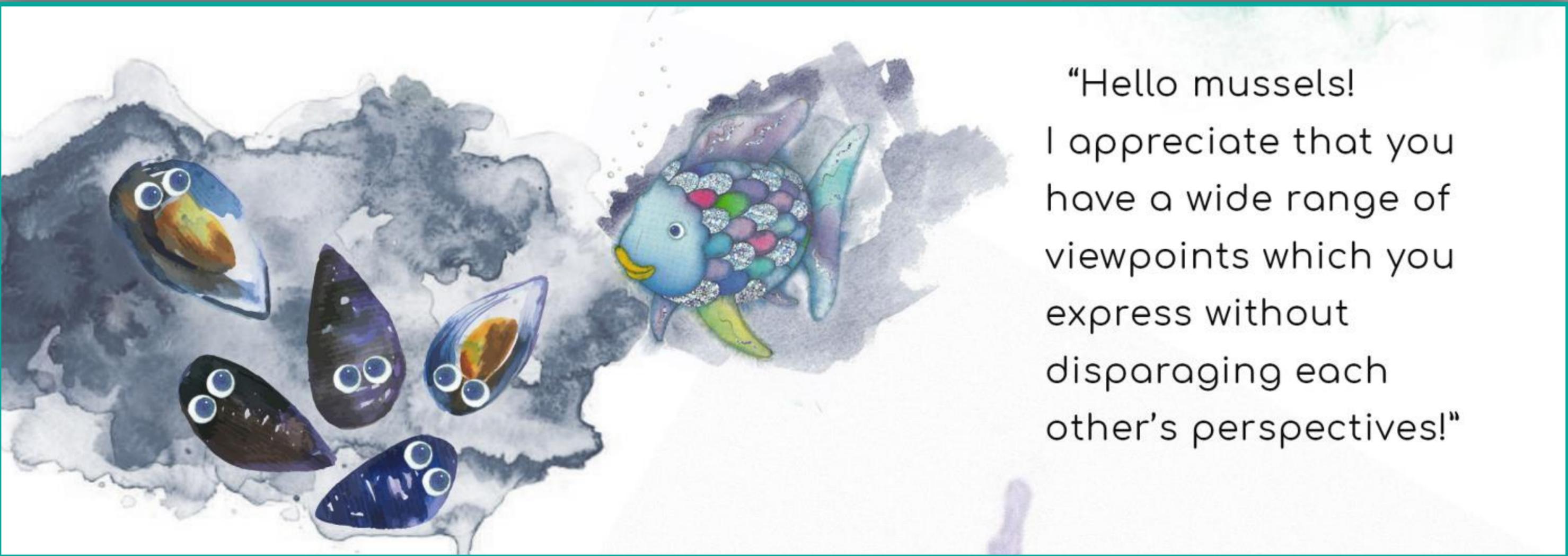


“Hi there Squid!
I heard you have
three hearts!
That’s so cool!
May I ask you
a few follow-up
questions?”



“What’s up, prawn?
You can change colors.
That’s awesome.
Do you have a favorite?”





“Hello mussels!
I appreciate that you
have a wide range of
viewpoints which you
express without
disparaging each
other’s perspectives!”

“And hello, little blue fish.
You don’t need one of my
scales to be special.
You’re a desert pupfish. You
can thrive in water
up to 113 degrees. That’s some
superhero stuff.
You are *awesome*.”

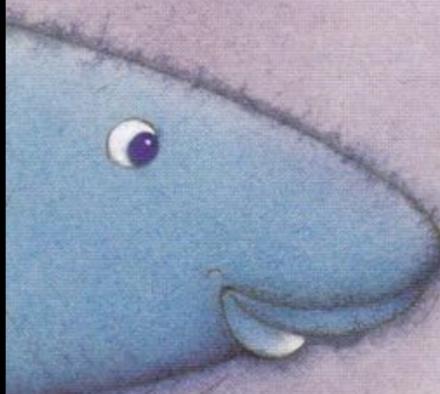


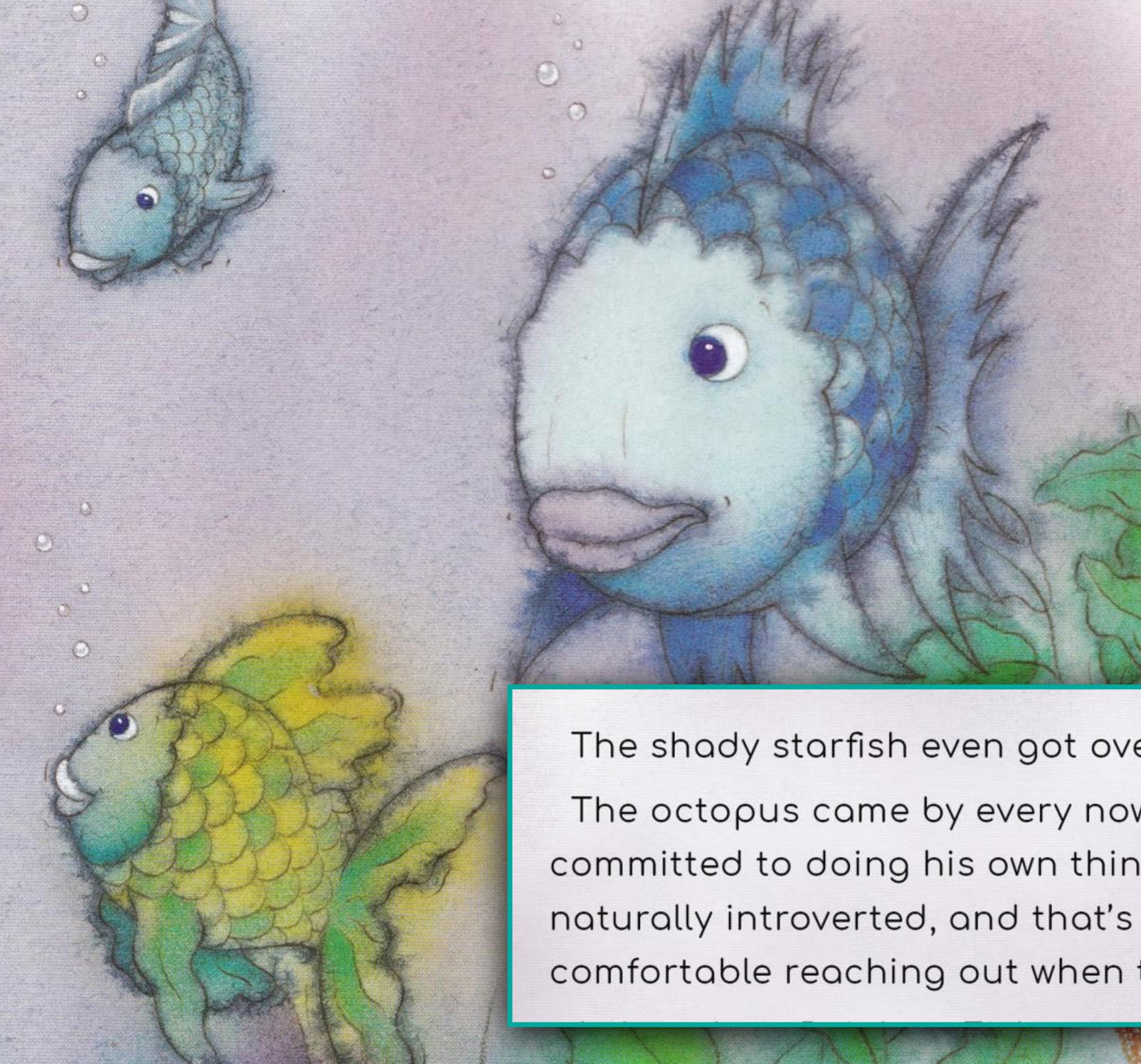


The most amazing thing began to happen. When the other creatures of the sea spoke of Rainbow Fish, his dazzling scales were no longer the first thing they mentioned.

It was his kindness and positivity, and how wonderful it was to spend time with him.

It didn't take long for others to follow his example.





The shady starfish even got over herself and joined in the fun. The octopus came by every now and then, but he was really committed to doing his own thing. Some creatures are just naturally introverted, and that's totally fine as long as they feel comfortable reaching out when they need to.

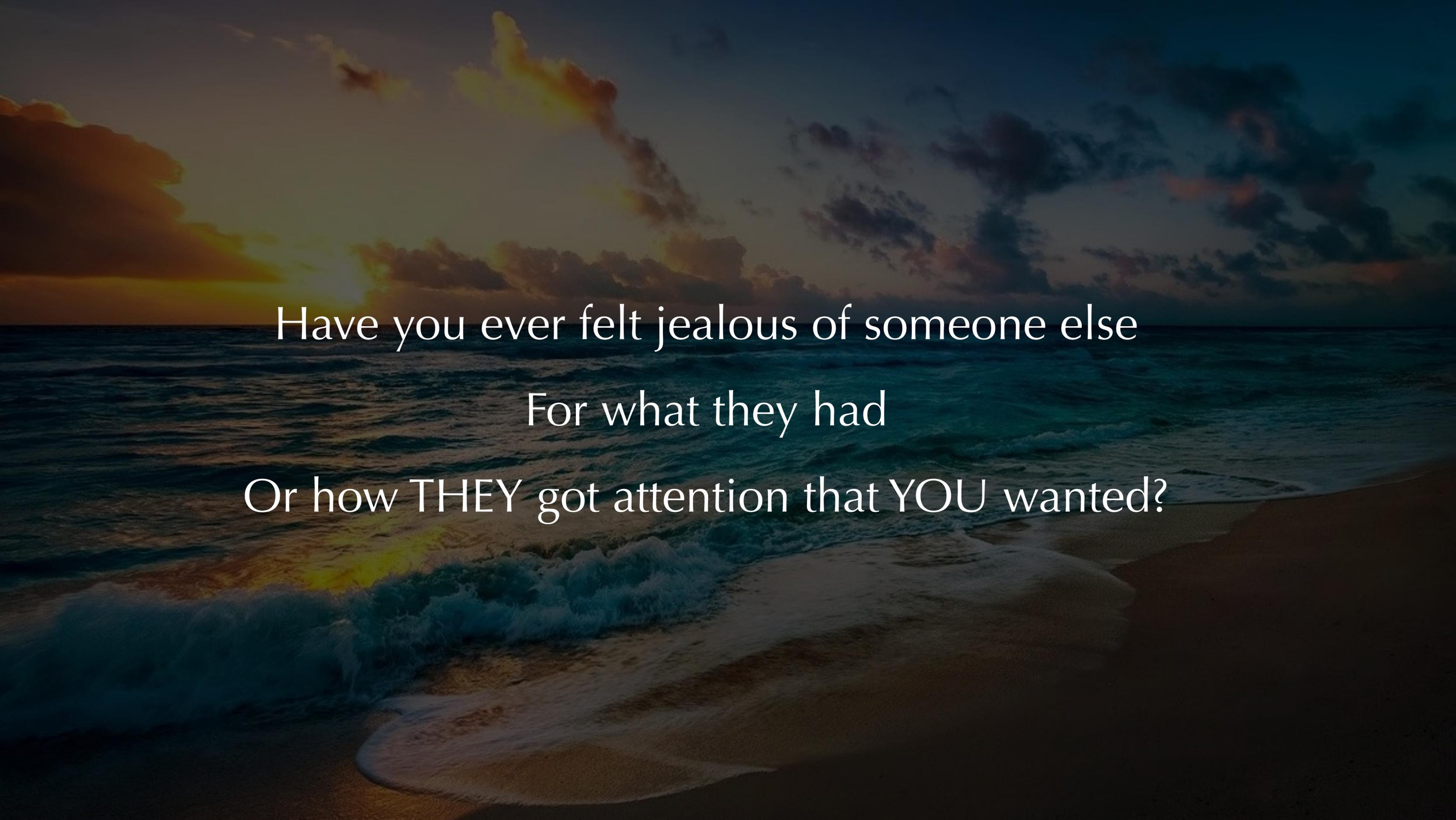


At long last, Rainbow Fish was part of a community, where everyone felt appreciated and acknowledged for the things that made them unique.

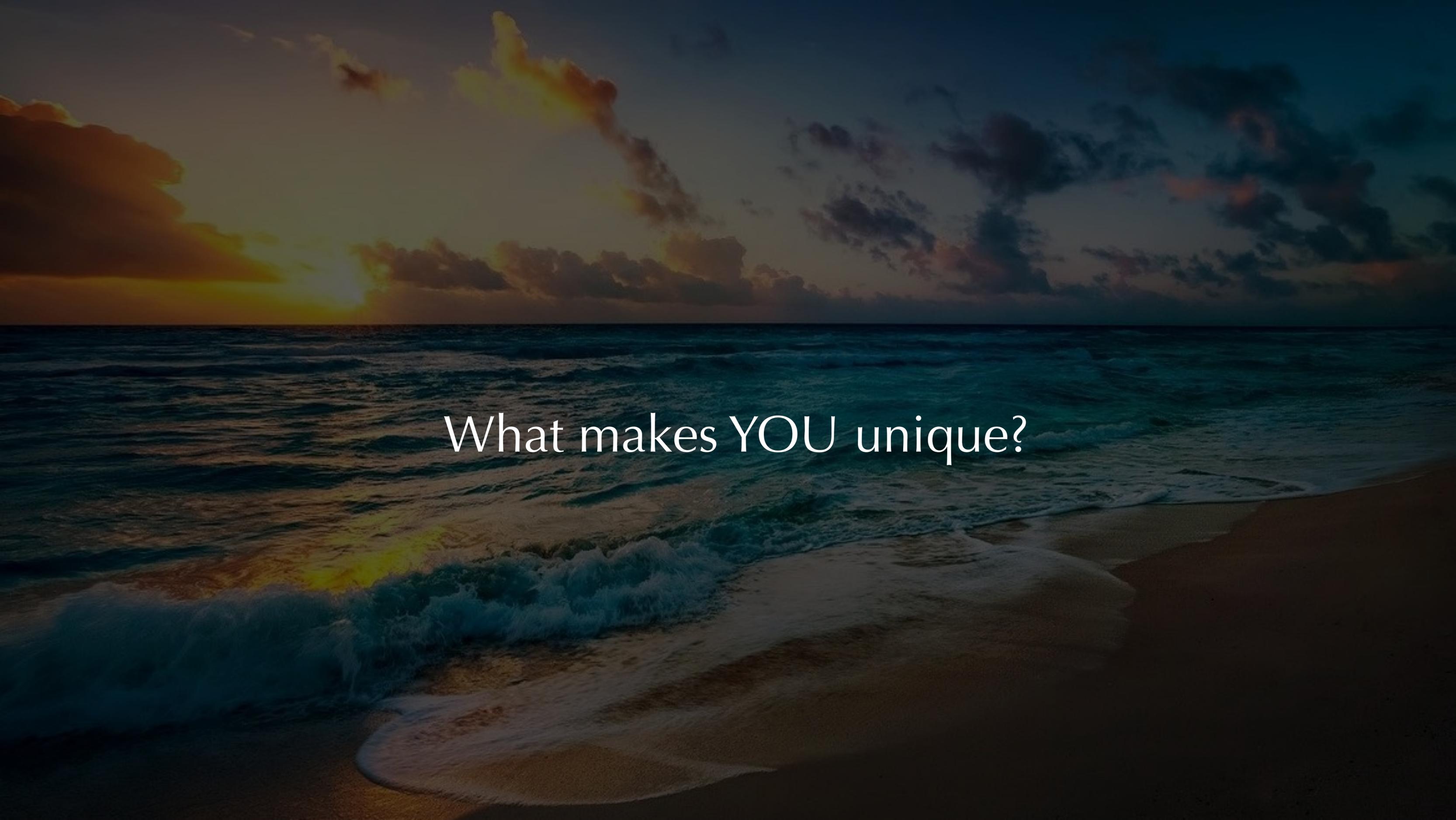
And that's something far more beautiful than glittering scales.



The End

A serene sunset scene over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, wispy clouds in shades of orange, yellow, and blue. The ocean is a deep blue-green, with white foam from waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

Have you ever felt jealous of someone else
For what they had
Or how **THEY** got attention that **YOU** wanted?

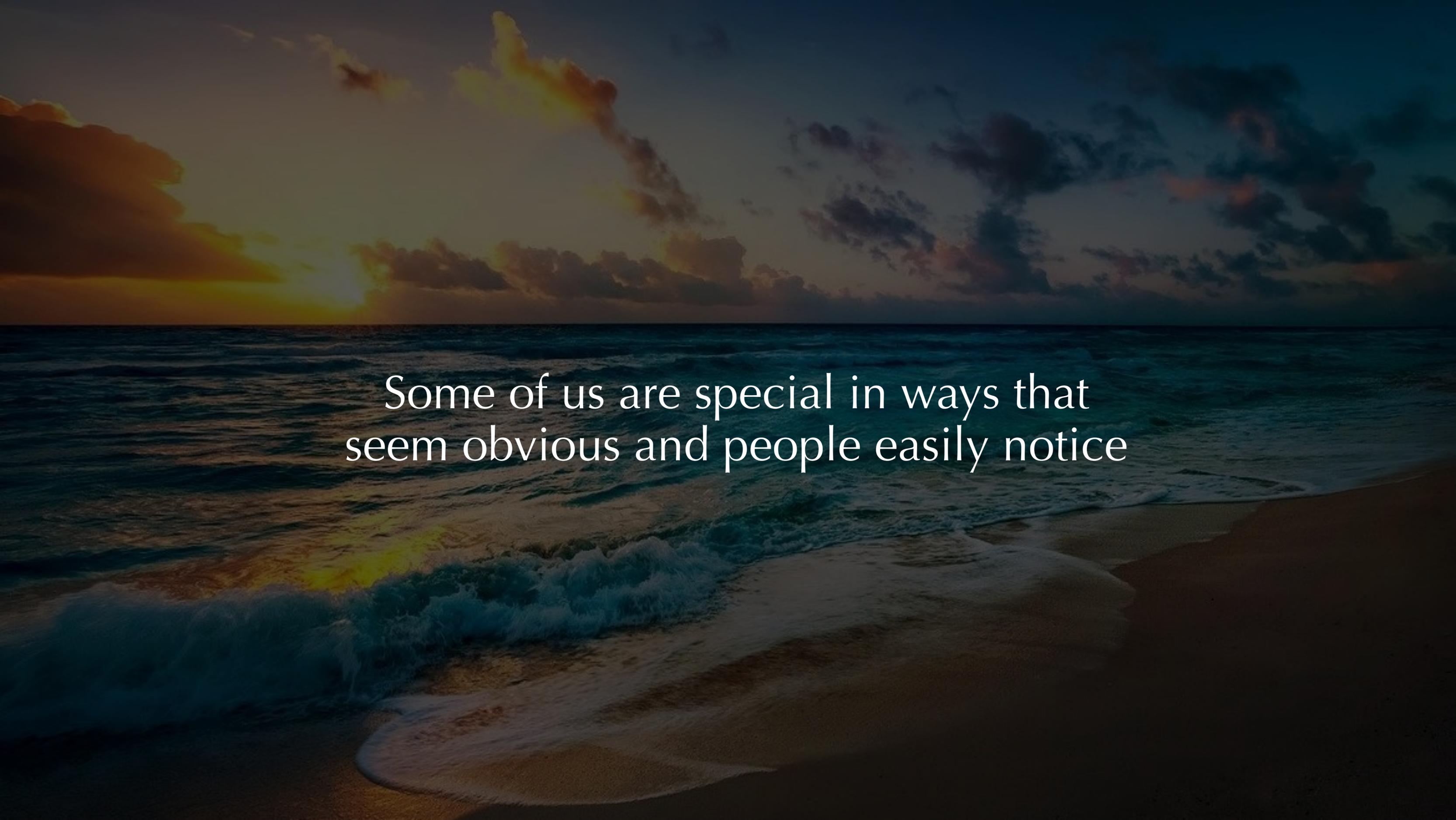


What makes YOU unique?

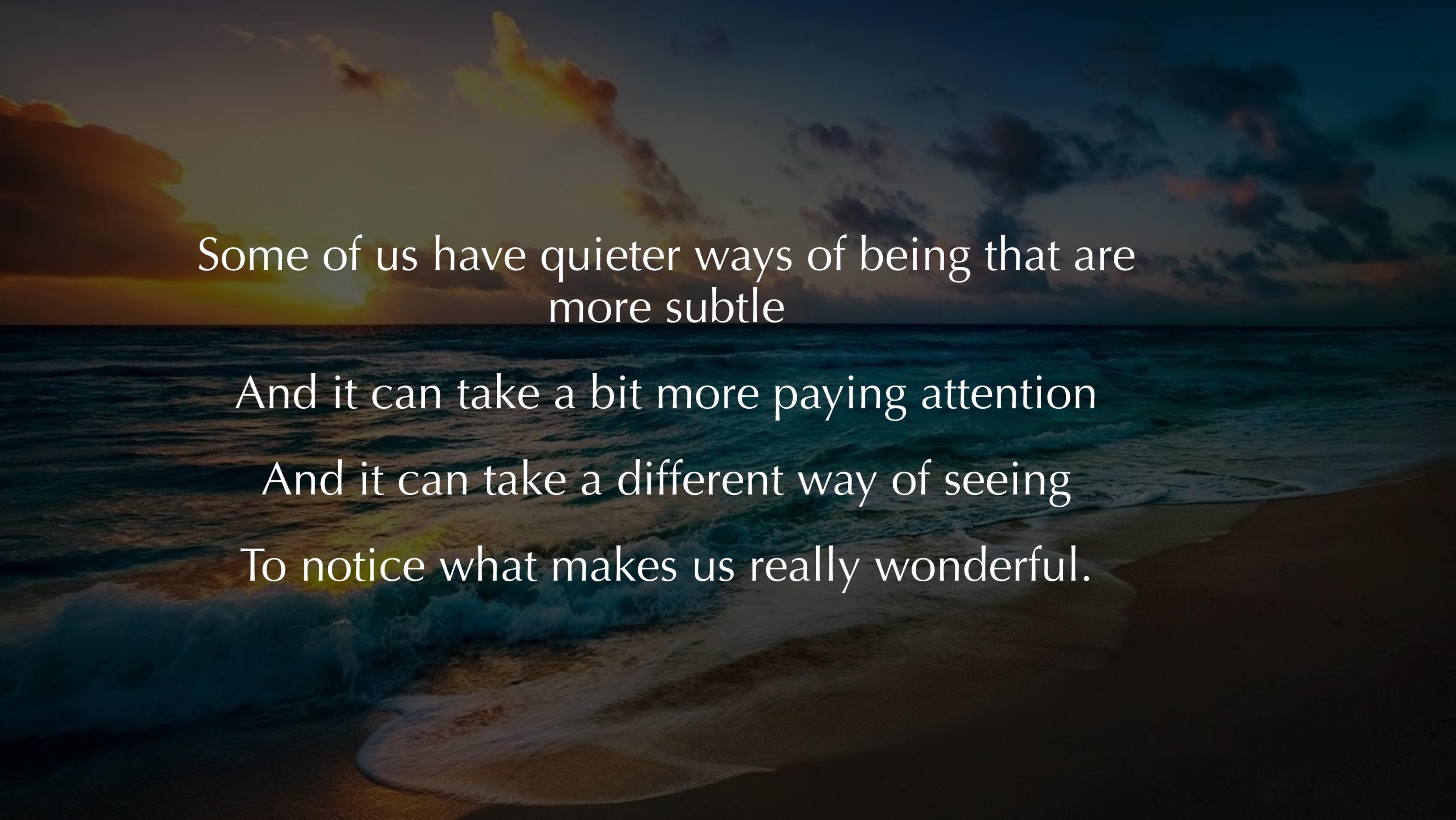


Sometimes we're aware of what makes
us special

Sometimes we can't see it

A serene sunset scene over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, wispy clouds, some of which are illuminated by the setting sun. The ocean is a deep blue, with white foam from the waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

Some of us are special in ways that
seem obvious and people easily notice

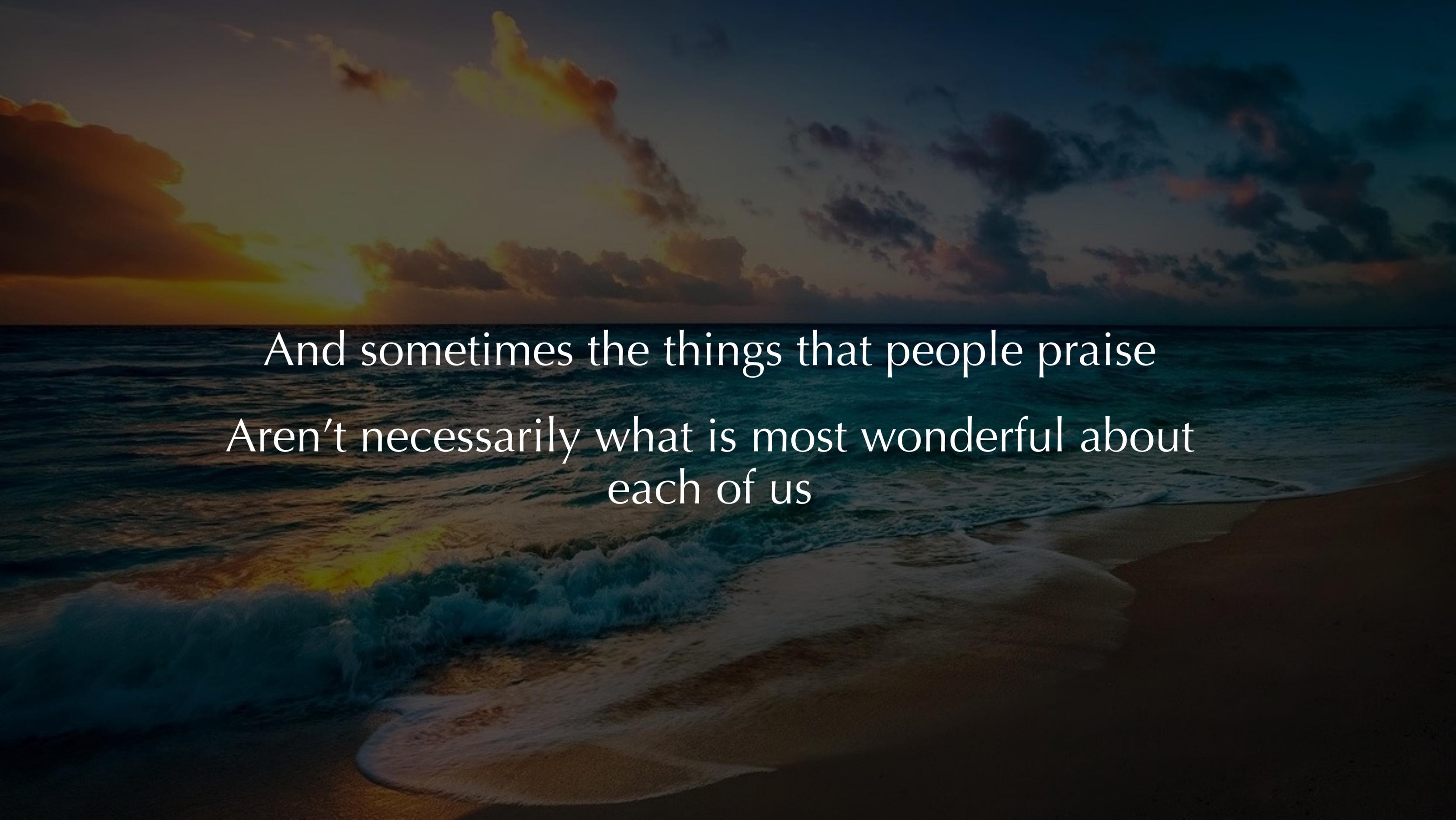
A serene sunset scene over the ocean. The sky is filled with soft, golden light from the setting sun, with scattered clouds catching the light. The ocean is a deep, dark blue, with white-capped waves gently crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

Some of us have quieter ways of being that are
more subtle

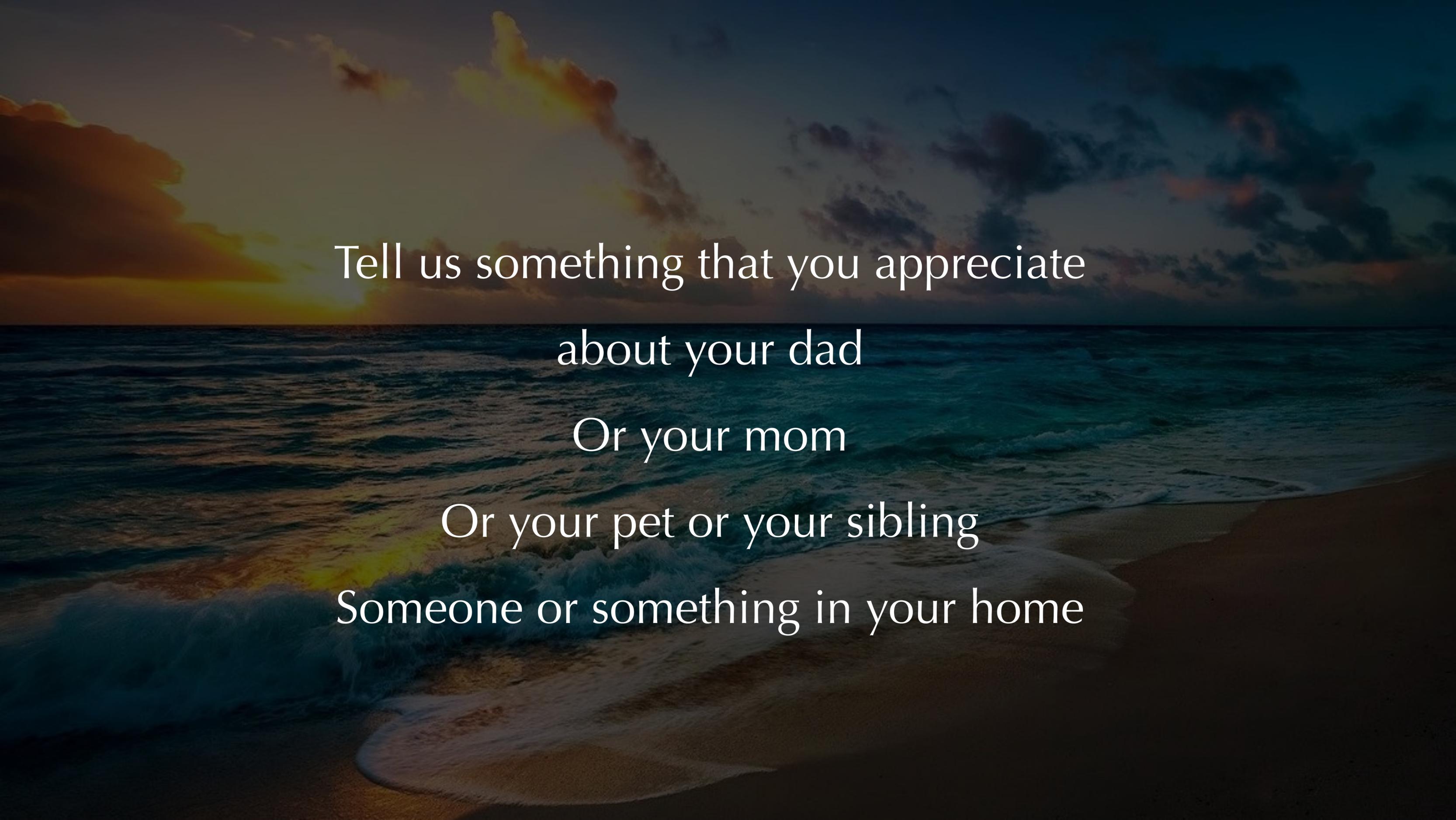
And it can take a bit more paying attention

And it can take a different way of seeing

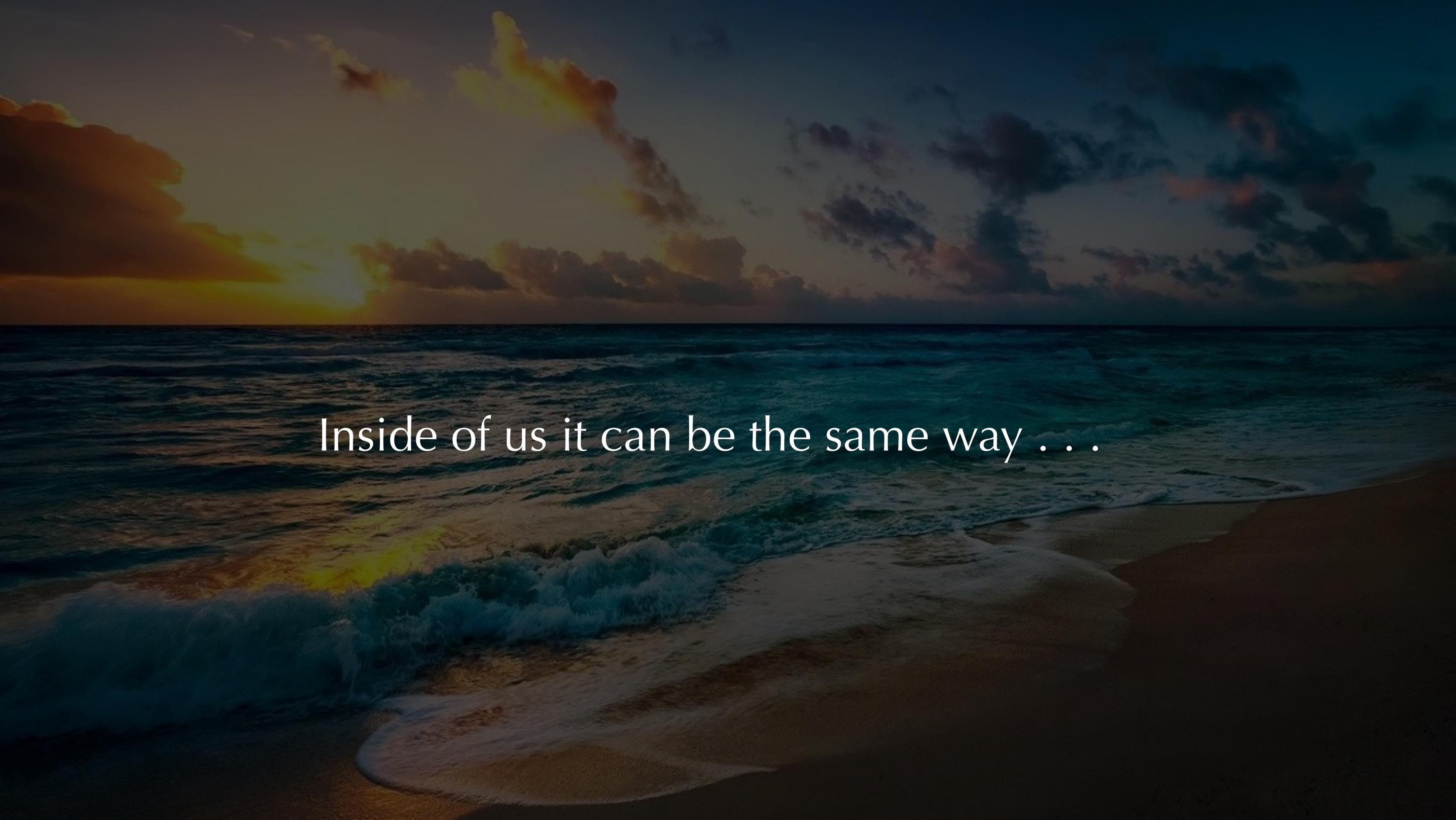
To notice what makes us really wonderful.

A serene sunset scene over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, wispy clouds in shades of orange, yellow, and blue. The ocean is dark blue with white foam from waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

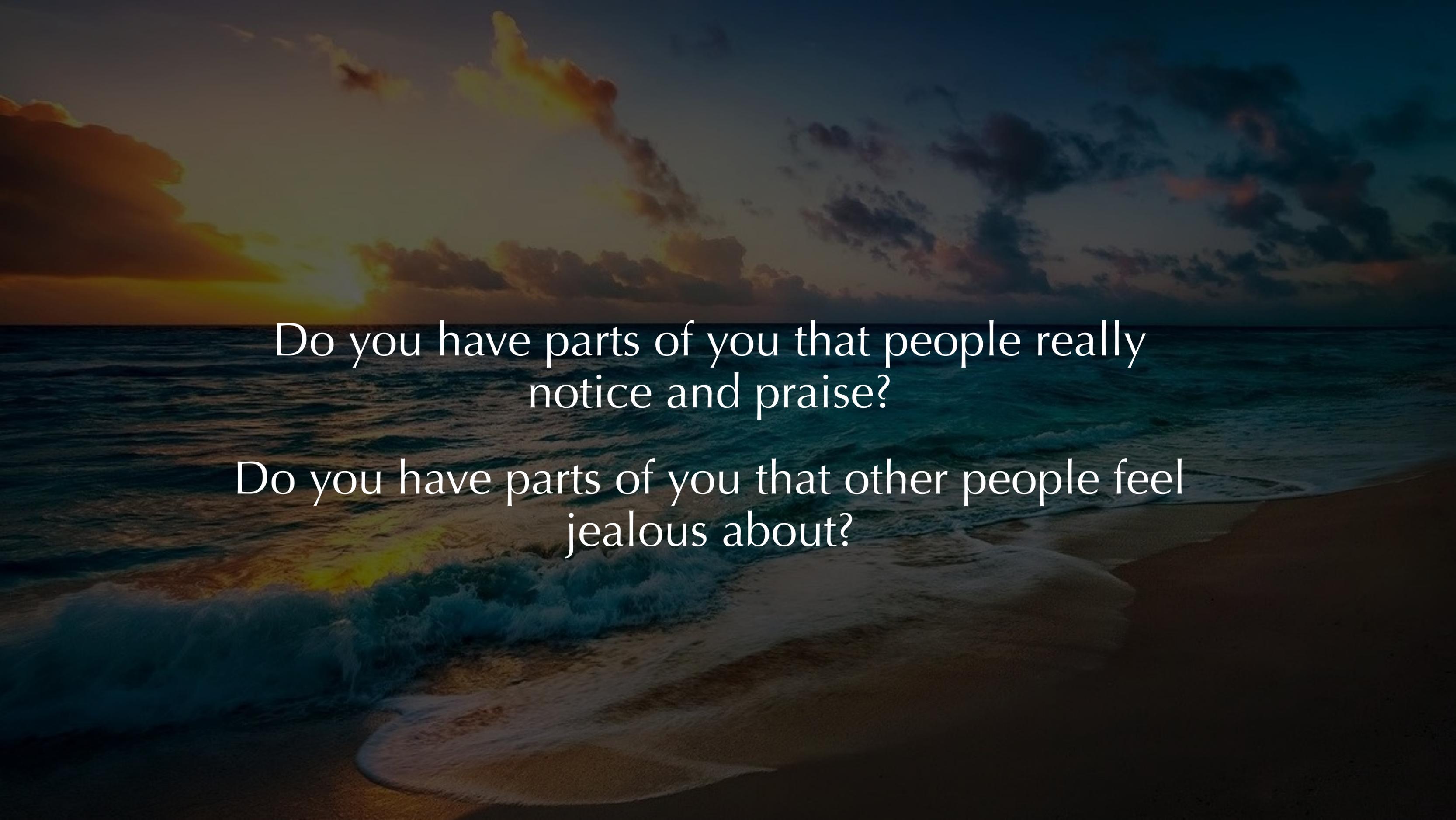
And sometimes the things that people praise
Aren't necessarily what is most wonderful about
each of us

A serene sunset scene over the ocean. The sky is filled with soft, golden light from the setting sun, with scattered clouds catching the light. The ocean is a deep blue-green, with white foam from waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and reflective.

Tell us something that you appreciate
about your dad
Or your mom
Or your pet or your sibling
Someone or something in your home

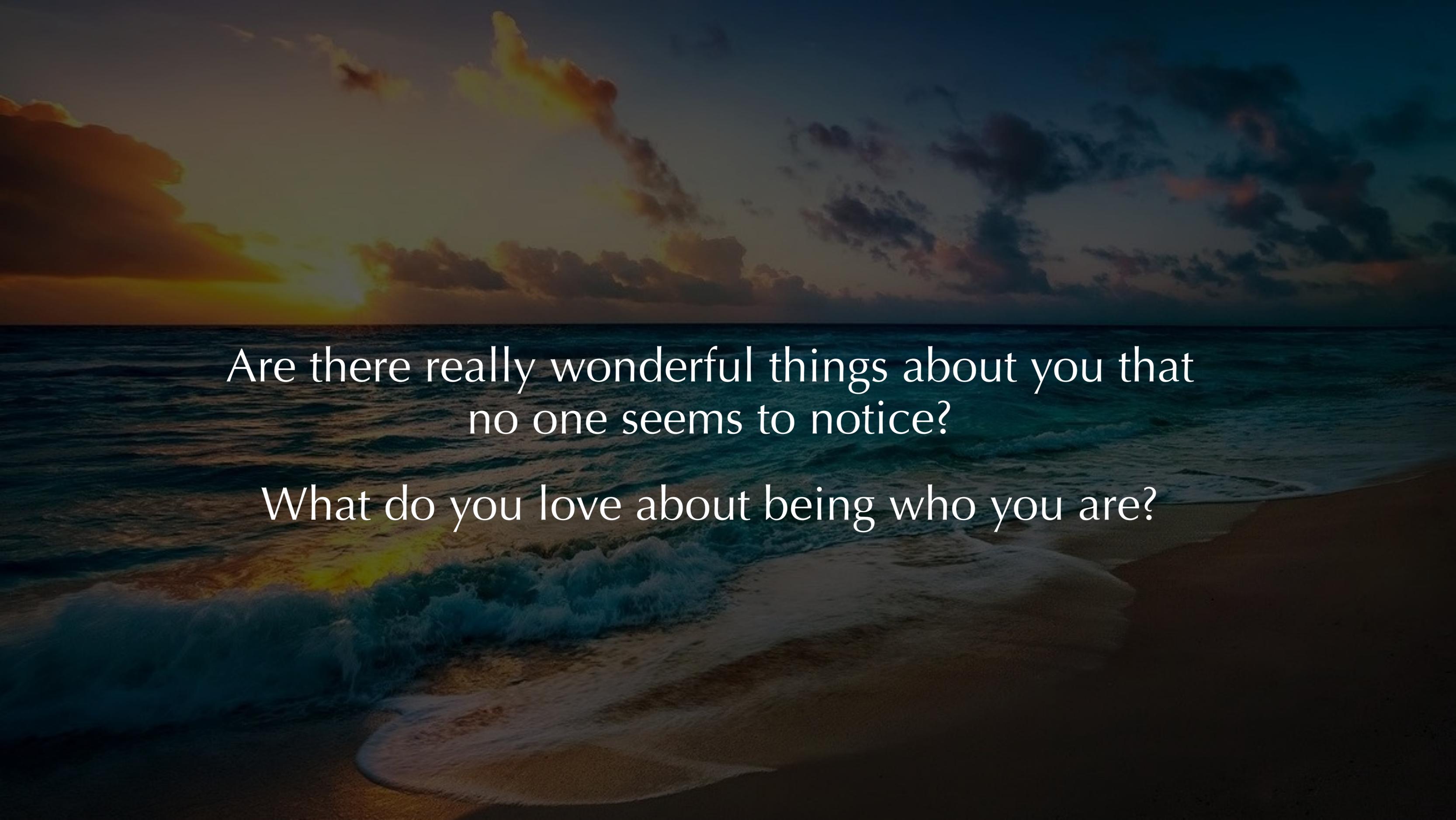
A serene sunset scene over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue. The ocean is dark blue with white foam from the waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

Inside of us it can be the same way . . .

A serene sunset scene over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, wispy clouds in shades of orange, yellow, and blue. The ocean is dark blue with white foam from waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

Do you have parts of you that people really notice and praise?

Do you have parts of you that other people feel jealous about?

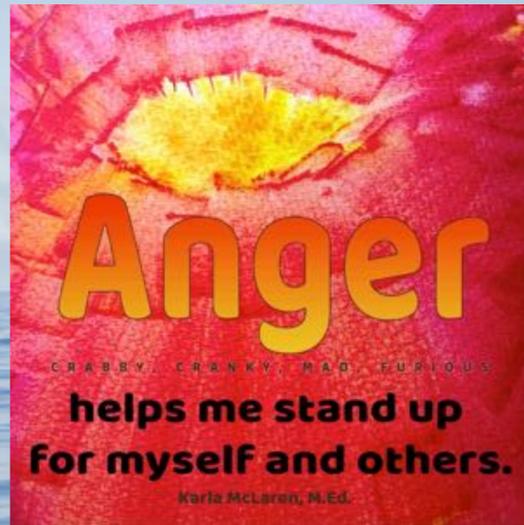
A serene sunset scene over the ocean. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. The sky is filled with soft, wispy clouds in shades of orange, yellow, and blue. The ocean is dark blue with white foam from waves crashing onto a sandy beach in the foreground. The overall mood is peaceful and contemplative.

Are there really wonderful things about you that
no one seems to notice?

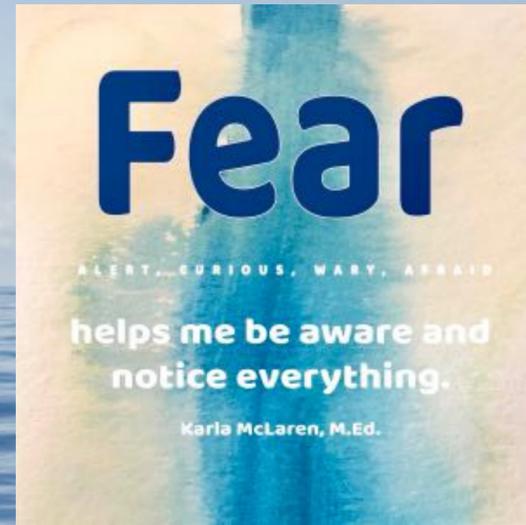
What do you love about being who you are?

Emotions Check Out

Anger Family



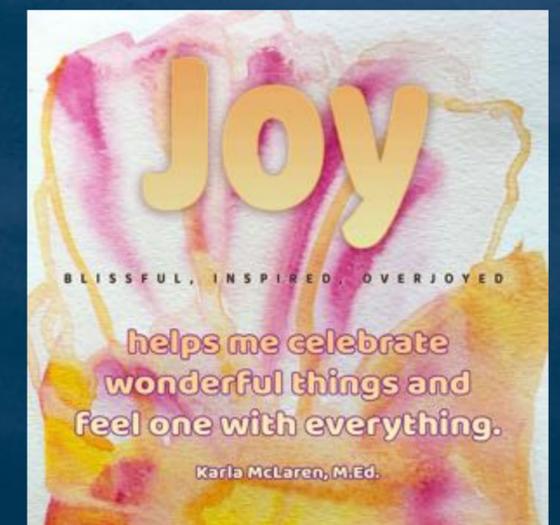
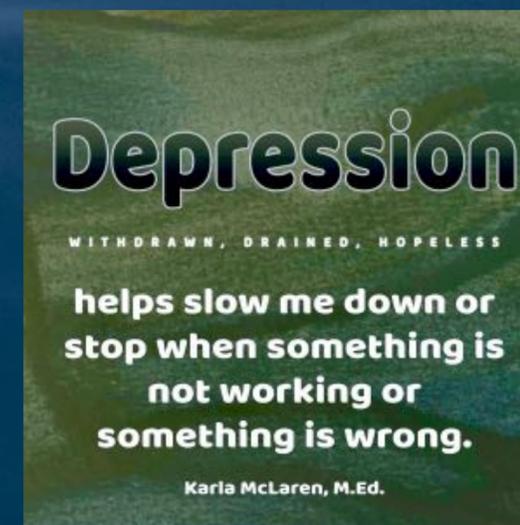
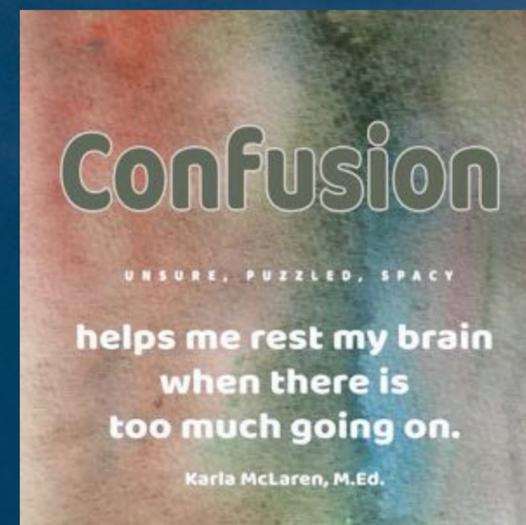
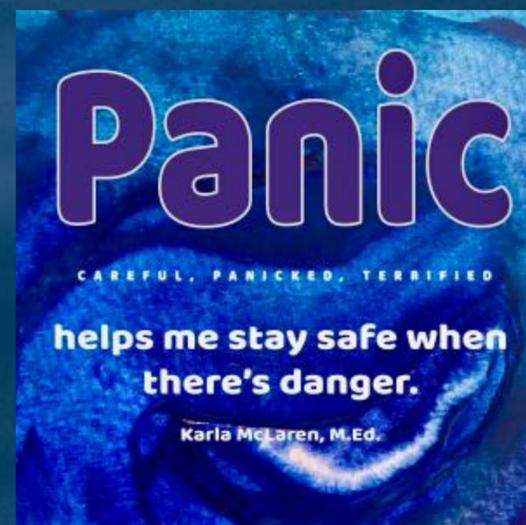
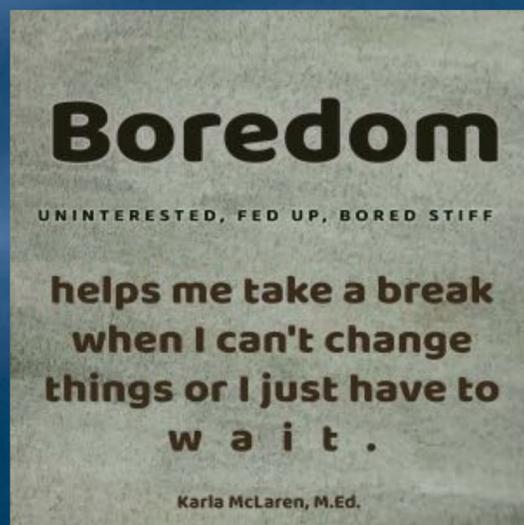
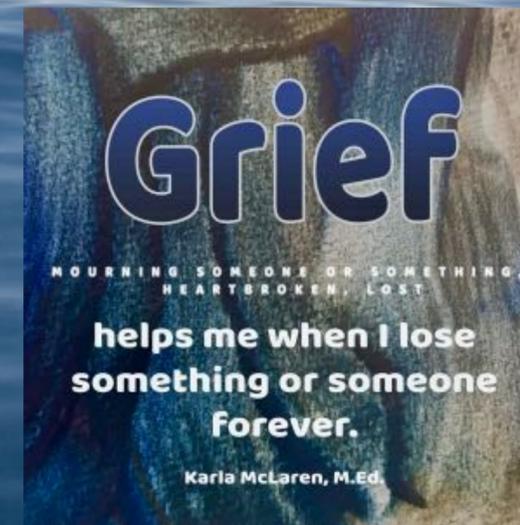
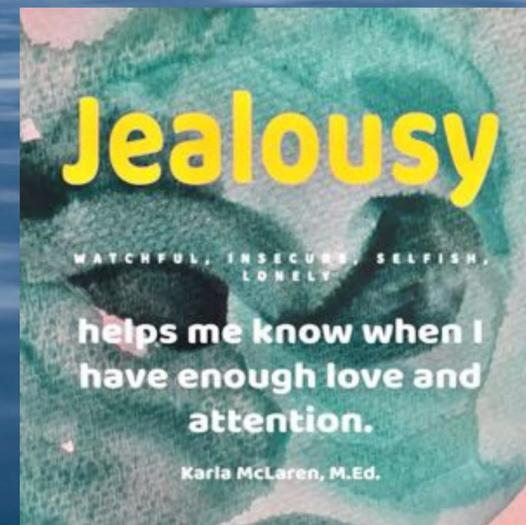
Fear Family



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.



Have fun until next time!



Youth Practice Live #16: “Uniquely Me”

Slides:

Kikan Michael Howard
Trina Brunk

Volunteers:

Myoshin Diane Benjamin
Sokyō Sherry Gwegorr

Children: