

For the Sockpuppet AyurVedic concept— the general emphasis...

For Parents:

We are designed to learn through play! Functional fun is overlooked in the Spiritual world...

Goals~ to teach:

1-about the Ayru Vedic Body Types in order to understand physiology and psychology.
Show we are all a synthesis of all three types— and the goal is to integrate and become into balance.

2- about the Autonomic Nervous system and how to balance it.

3- about the PolyVagal Theory, and provide an extension of it.

Dr Stephen Porges says his goal is to feel safe in the arms of another— mine it to feel safe in the arms of the Divine.

4— about Dr Rick Hanson's work- Negativity Bias, Cave Man Survival behaviors...

5— about Dr Robert Lanza's Goldilocks Universe and BioCentrism concepts.

6— teach about various religions. Introduce concept of complementary dualism (Tao) rather than competitive dualism

7— counter the sensationalism of the media (Harry Potter, etc) Provide an alternative which heals rather than has power over someone. Show they have agency and connection— learn some higher level spiritual tools— Interfaith Practices

8— about environmentalism and ecology— and provide agency through teaching about animal communication as a way to teaching spirituality.

9— about the magical NDE world— with a health respect for sensational events.

10— about how to identify with the heroic (Joseph Campbell)

Do this in a campy fun easy to create style with photos, sock puppets, drawings, oddball props that both parents and children like. Very low budget— recycled...

Scenarios include—

trips through various board games— LIFE, monopoly, chutes and ladders...

trips through storybooks, nursery rhymes, with a hard look through the eyes of the negativity bias as having influenced much of history.

They make funny spiritual mistakes — like in the Wizard of Oz... Pinnocchio

Learning experiences:

Give tools to be able to distance and reduce the "Story"— "its not about me— my Vata is out of wack." Or "I'm having a Pitta Fit!" Or... negativity bias meets pitta fit, etc...

Also:

Counter the message of Harry Potter— (we are all connected)

Poke fun at getting too Woo- woo, and Scientific myopathy.

Use your body is a car concept to explain physiology

(the body must dock at night— plug in and recharge.)

Give tools to be able to distance and reduce the "Story"— "its not about me"— "my Vata is out of wack." Or Pitta Fit. Or... negativity bias meets....

Know the job on this earth is dangerous— vs make your own reality

Putting spiritual teachers on pedestals is not a good idea., They like it up there!