

Hi everyone ~~ greetings and blessings ~~

Here is a workshop that we did yesterday. It worked very well so you're welcome to use it if you wish.

Mary Menninger
Costa Mesa

Share your true “peelings”

Materials: bananas, sharpies, blender, vanilla ice cream, milk

Focus: the true you.

1. Open with a treatment.
2. Discuss how a banana is a metaphor for us having a tough skin on the outside. We can peel away the skin to reveal the tender inside (the true you).
3. Everyone gets a banana and a sharpie. (Could go outside at this point.) Each person goes off by themselves and writes 3-4 things that they would like to release.
4. Everyone mingles in big group. Find a person to share one aspect that you would like to release. As they peel your banana they say, “I peel away your _____ and I see the truth within you is _____.” Find a new person to peel away the next thing to release. Continue with a new person for each thing you have to release.
5. When everyone’s bananas are peeled, stand in a circle around a bowl. One at a time, as each person puts their banana in the bowl, they say what they give (describe their true self as revealed when they peeled).
6. Close with a song. Sing 3 times:

I love myself so much
So I can love you so much
So you can love you so much
So you can start loving me.
7. Make banana shakes.