



Inspirational texts

Laudato Si, 212

We must not think that these efforts are not going to change the world. They benefit society, often unbeknown to us, for they call forth a goodness which, albeit unseen, inevitably tends to spread. Furthermore, such actions can restore our sense of self-esteem; they can enable us to live more fully and to feel that life on earth is worthwhile.

Bible, 2 Corinthians, 4, 18

So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

René Barjavel, Le Prince Blessé, 2013.

The atom is God. The infinitely small and the infinitely large penetrate and merge. The dimension is an error, in the image of man, and in his use. Man is average, man is mediocre, but he inhabits infinity and infinity inhabits it.

Quran, Surah Ad-Dariyat 51, 20-22

And on the earth are signs for the certain [in faith]. And in yourselves. Then will you not see ?

Emmanuel Carrère, Le Royaume, 2014

The most striking feature of these accounts [in the Gospels] is that at first we do not recognize it. In the cemetery, it's the gardener. On the road, a traveller. On the beach, a passer-by who asks the fishermen: "Does it bite?" It is not him and it is strangely, that we recognize him. [...] "Split the wood: I am there. Lift the stone: you will find me below. Look at your brother: you see your god.

Lao-Tseu

The perception of what is small is (the secret of clear-sightedness; the guarding of what is soft and tender is (the secret of) strength.

Quran, Surah Al-An'am 6 :99

And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe.

Activities

- ☞ Sit in this mysterious place and take the time to look carefully around you: some things come to light when you really pay attention.
- ☞ Do you hear any particular noises?
- ☞ Can you see the life around you?
- ☞ Find 3 small bugs: insect, butterflies, arthropods.
- ☞ You can test your concentration by looking at « [The elephant by Roger Shepard](#) » or « [The rabbit-duck by Joseph Jastrow](#) ».
- ☞ Connexion with nature: You can propose to your scouts this activity about invisible things in the ground : [En quête des invisibles du sol \(2018\)](#).
- ☞ Feel the wind, listen to the silence, take time to feel your experience .

Questions

- ⚙ What are my qualities? What am I hiding from other people?
- ⚙ Do I often trust my first impression?
- ⚙ What are the first things I see in someone? Have I ever changed my opinion of a person, or situation?

Links to videos

If you like optical illusions, here you have a video that will relax you a little bit:

[Optical Illusions That Relax Your Brain](#)

Watch this if you'd like to discover more about small infinity:
[Voyage dans l'infiniment PETIT - aussi près qu'il est possible d'aller](#)

If you are interested in nature, you can watch a french movie:
[Microcosmos \(1996\) de C. Nuridsany et M. Perennou.](#)

Links to songs

[Saint \(Kadosh\) - Hébreu Messianique chanson avec paroles en Français](#)

[Taizé - O toi, l'au-delà de tout](#)