

The Golden Thread of Truth Presents:

Interfaith Programs for Kids & Teens



A Twelve Month Program Volume 2

Welcome to The Golden Thread of Truth Annual Curriculum, Volume 2! The intention of this material is to teach our children that all the world's religions support a consistent message about the truth of who we are. Stories from Judaism, Islam, Buddhism, Christianity, Native American traditions and contemporary authors support the same underlying messages and values. Love thy neighbor. You reap what you sow. We are stewards of the earth and each other. Treat others as you would like to be treated. Parents around the world, from all religious beliefs, cultures and lifestyles, teach these values to their children through timeless stories.

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Month #1: Back to Basics

Teacher notes:

It has been said that children are born knowing their connection to the spiritual truth. That we are individual expressions of God. That we are the image of Divinity. You can use the term God, Spiritual Truth, Divine Spirit, Mother Nature, whatever resonates with you as an individual. As you teach, remember that the truth of our divine nature is not yours to give, as a possession would be, but yours to express. The greatest way for each of us to teach is through example, thoughts and actions that are in alignment with the truth that we are each divinity in action. We encourage you to read through the entire lesson, all grade levels, for the month before teaching. The feedback we have received is that this is the best way to embody the teaching. Because it is all of our natures to impart or give of our knowledge, the consciousness of a teacher or mentor may become the station through which Spirit broadcasts to the receptive child. Teachers and mentors should take particular care, in speaking of God's will, not to give the impression that 'we know' God's specific will for an individual. When a child makes this discovery for themselves, they will come to know that God's Will means "Good for All".

Week #1: God's Ideas are Our Ideas

Main Message: Each of us is a portal of God energy. We see God all around us in people and nature and we hear God in our ideas and thoughts. Have you ever seen a cartoon where the character gets an idea and a lightbulb appears over their head? We will use the lightbulb, (or lamp), to demonstrate an idea in action. How do we know that our ideas are sprung from the creative force of God? Because all creation comes from this unseen force.

- Everything that has ever been created by man was first a thought
- Thoughts are formed from our point of view
- If we change our point of view, we change our thoughts and we change our ideas

Readings:

We cannot solve our problems with the same thinking we used when we created them.
~ Albert Einstein

If you can see God in everything, then God will look back at you through everything. ~ Ernest Holmes

Lesson: Issun-bōshi (from Otogizōshi (Japan))

Translation: One Inch Boy

The story begins with an old, childless couple who live alone. The old woman wishes for a child, despite her old age, "Please, please let us have a child, no matter how small." Eventually, a son was born to them. But small indeed was the child—no larger than a grown man's fingertip. They named the miniature child Issun-bōshi (Issun is a measure of approximately 3 centimeters. Bōshi means son). The child, despite being incredibly small, is treated well by his parents. One day, the boy realizes he will never grow, so he goes on a trip to seek his place in the world. Fancying himself a miniature samurai, Issun-bōshi is given a sewing needle for a sword, a soup bowl for a boat, and chopsticks for oars.

He sails downriver to the city, where he petitions for a job with the government and goes to the home of a wealthy daimyo, whose daughter is an attractive princess. He is scorned for his height, but nevertheless given the job of accompanying the princess as her playmate. While they travel together, they are suddenly attacked by an Oni, (an Oni is a Troll), who deals with the pesky boy by swallowing him. The boy defeats the Oni by pricking him from within with his needle/sword. The Oni spits out Issun-boshi and drops the magical Uchide's Mallet as he runs away. As a reward for his bravery, the princess uses the power of the mallet to grow him to full size. Issun-bōshi and the princess remain close companions and eventually wed.

Questions:

Q1. In what ways was creativity used by the characters in this story?

A. Issun-boshi's mother prayed for a child. Issun-boshi left home to find a way to change his size. Issun-boshi used the needle to escape the Oni. The princess used the mallet to transform Issun-boshi

Q2. How did God reflect back to Issun-boshi?

A2. Issun-boshi was not afraid to leave home and search for his true self. He was rewarded for his spirit and bravery by getting all he desired.

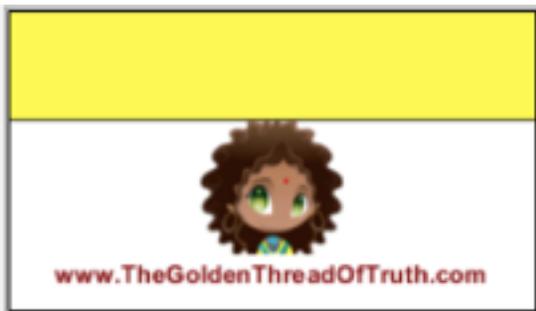
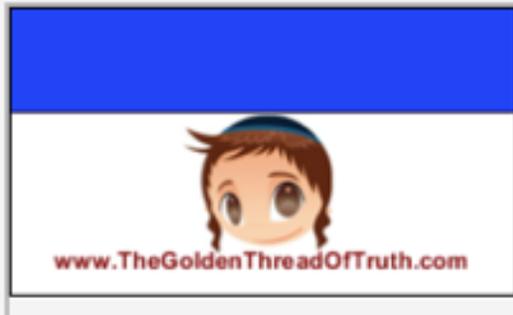
Q3. What does it mean that we can't solve our problems with the same thinking we had that created them?

A3. When we view ourselves without limitations, which is the truth for each of us, we can move to a place of limitless potential.

Music: This little light of mine, I'm going to let it shine
<https://www.youtube.com/watch?v=QCN893hzueQ>

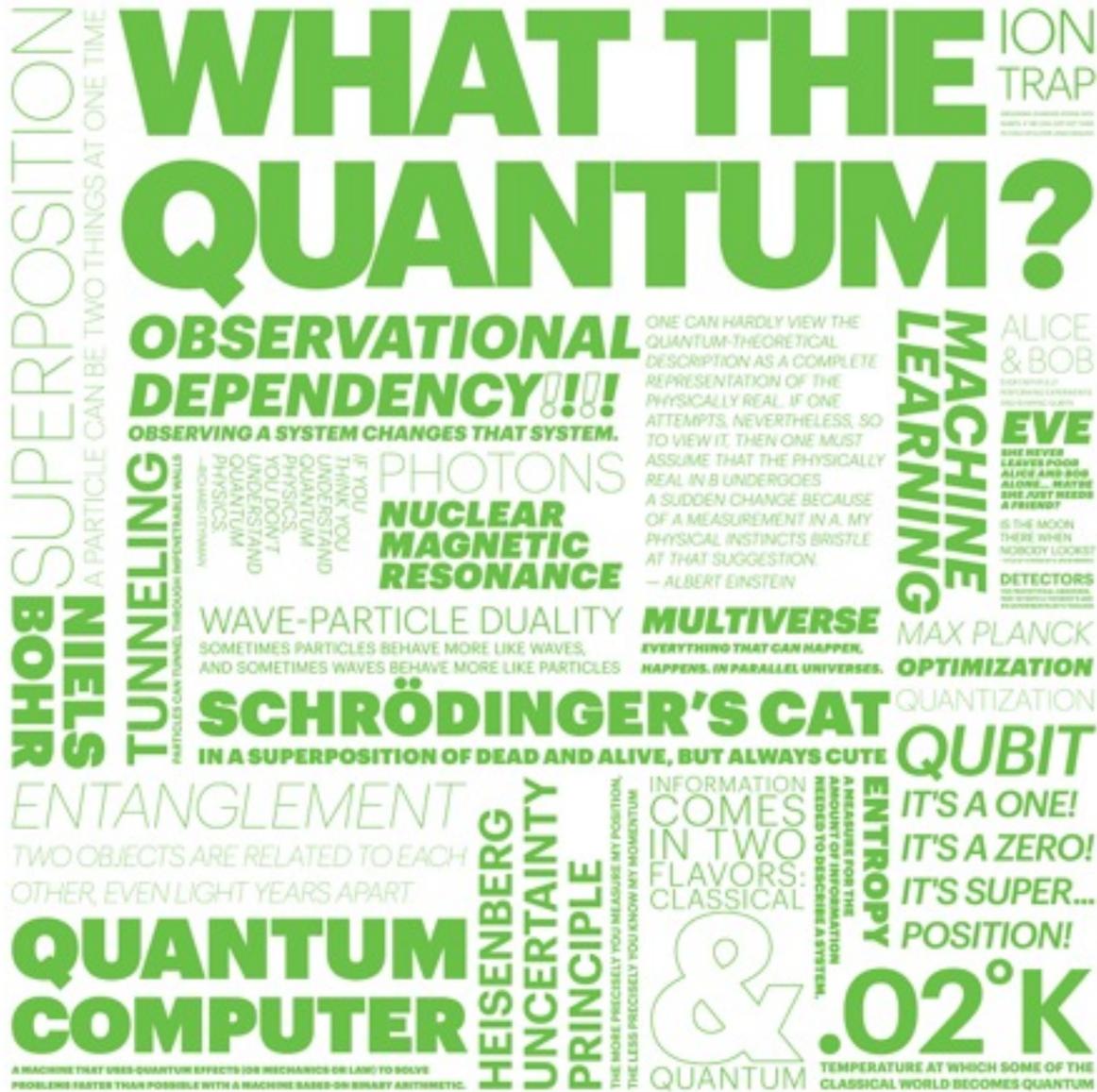
Craft: One-Inch finger Puppet
Use the template below to create finger puppets to remember Issun-boshi

Cut, trim and tape as shown.



Advanced Material for 4th & 5th grade: qCraft

If you are familiar with MineCraft, this mod is a cool example of how to explain Quantum Physics. If not, you can use the graphic below to spur discussion.



Google has teamed up with Cal Tech to create a version of the popular game/app MineCraft to explain Quantum Physics. **qCraft**
<http://www.caltech.edu/content/qcraft-introduces-gaming-kids-quantum-principles>

Just as Quantum Physics was recently discovered, the purpose of the joint project was to get children excited about everything that has left to be discovered. In Minecraft,

which has been downloaded more than 30 million times worldwide, players can freely build and create their own world by mining and stacking different types of bricks in a sandbox-like environment. Because of its customizable dynamic, the game has also become a background platform for many user-generated modifications, or "mods," that add novel capabilities, brick textures, and properties to the original Minecraft game.

Question: How many here have heard of Minecraft? Do you play it?

qCraft uses the Minecraft platform to introduce three high-level quantum-mechanical concepts: observational dependency, superposition, and entanglement. The mod informally teaches players about observational dependency by allowing them to create either quantum blocks or "observer dependent blocks" (ODBs)—which are classical, but have some quantum-like behaviors. ODBs, Michalakis says, are like rolled dice: if you roll a six, there are six dots on the top face, and the only way this number "changes" is if you look at the die from the bottom or a side, where you will see a different, but fixed, number. Instead of numbers, boxes in qCraft can have different materials on each face, such as diamond or gold.

Additionally, the quantum blocks in one qCraft world can be "entangled" with the blocks in another qCraft world, allowing them to share information and to influence each other, despite having no visible connection. Such entanglement allows a player to make one quantum block disappear—and in the process make a group of quantum wall blocks disappear to create a doorway.

Discussion: If you know Minecraft, you know there are stone, grass, brick, cobblestone, etc blocks. Imagine there was a block could be changed by the observer (response from an avid 12 year old Minecraft user: If I had an ODB block and built a house out of these choosing wood, it would be cool if I could change the blocks to diamond when I wanted to ... but usually diamond blocks only come after you mine them.)

To download qCraft, visit: <http://qcraft.org/downloads/>

If this project is not appropriate for your Youth Ministry program, use the story from the Science of Mind Textbook in the Tween and Teen section.

Something can be both dead and alive until it is observed. Quantum mechanics ... or something may be observed alive but is actually dead in another place and time (like a star). We are seeing the remnants of an idea or thought,

in the world around us, we see remnants of thoughts. And, the thoughts that you have leave remnants as well. When do you see remnants of someone's ideas? (Examples: dirty dinner dishes, an educated child, a new baby.) Discuss that all the thoughts you create have remnants as well.

Tween & Teen Activity:

Each day and each hour I yield myself to this Power greater than I am, and I am guided by It.

The Secret of action is one with the secret of life and existence. Existence is not only a machinery of nature, a wheel of Law in which the soul is entangled for a moment or for ages; it is a constant manifestation of the spirit. Life is not for the sake of life alone, but for God. ~Sri Aurobindo, Hindu philosopher

Below is a link to the Ted Talk of Richard Turere, a teen from Kenya. He used his creative power to make peace with lions. Watch below.

http://www.ted.com/talks/richard_turere_a_peace_treaty_with_the_lions

The energy that powers the world is Universal - the only creative agency - and it is found in each individual . Each one of us is a fresh starting point for this creative force and may be used for any purpose

Discussion:

- A learning mind is a happy mind, for learning keeps the mind happy. How have you found this to be true in your life?
- Why does the idea of education, learning about the world around us, bring us closer to spirit?

Affirmation: "That within me which learns and which thinks is Spirit. The One Spirit is expressing in me now in perfection and in happiness."

Week #2: We are Spirit in Action

Teacher's Notes: The Essence of truth cannot be transmitted by one person to another because It is not his, as a possession, to give. However, because of It is Its nature to impart, communicate or give of Itself, the consciousness of a teacher or mentor may become a station through which It broadcasts to the receptive child or questor. thus, we suggest that the teacher or mentor who is a seeker finds the foundation to support the seekee.

Main Message:

We are Spirit in Action. Our thoughts are the power behind this action. When us realize these thoughts are what create our world, we realize these thoughts give us the opportunity to make choices for ourselves. Whatever choice we make will lead to an outcome in our lives.

Readings:

Begin mentally to climb into a spiritual atmosphere, dropping all burdens, anxieties, fears and doubts behind you. You will soon discover that, as your thought reaches a place of peace, confusion disappears. From this inner place of peace you speak your word, which is to become the law unto that whereunto it is spoken. ~ Thomas Troward, "The Creative Process"

We still do not know one thousandth of one percent of what nature has revealed to us.

Albert Einstein

SOM Reading:283:2 No class of people on earth believes more in prayer than we do. Our whole theory is based not only on the belief in Spirit, but in the availability of It – Its immediate response. We even go so far as to say in everyday language: "Pray right and God cannot help responding." This is as far as anyone can go in faith. There is no confusion in the approach to Reality. It should be calm and dispassionate but filled with feeling because feeling and emotion are creative. We should combine the *letter* and the *spirit* of the Law. ~ Ernest Holmes

Lesson: The Jewel Fish

Many fish do not take care of their babies but leave them to take care of themselves. This is not true of the Jewel fish. Mother and father Jewelfish,

together, take care of their babies for several weeks after they are hatched from the eggs.

The mother uses the brilliant jewel colors in her dorsal fin to signal her babies. She jerks her fin up and down very fast, making her jewels (color spots) flash brightly, to tell her babies, "It's time for bed, now." The babies come swimming to her. She bids them follow her back toward the nest where they were born. Once there, she hovers above the nesting hole which is on the bottom of the sea bed, and signals the babies to gather in a group underneath her. The father goes scouting the stream for any of the babies who have been left behind.

The mother says, "Now, go to bed," and the little baby fish descend into the nest. They obey.

Now, the father, who goes out to look for any babies who have been left behind, does not bother to say to the straggler that he may find, "You come on to bed. Don't you know your mother is calling you?" he doesn't even bother to coax. He simply inhales them into his big mouth, swims to the nest and blows them down into their beds. And there the little baby Jewelfish lie like little stones, they are so still, while mother and father hover above them until morning.

Questions:

Q1. Who tells the mother fish how to put her babies to bed at night?

A1. God

Q2. What is another name for God?

A2. Spirit

Q3. How do we become and remain aware of the power greater than we are?

A3. Prayer

Q4. What is the one requirement for use of this power?

A4. Believing

Activities

Song: Jesus Loves the Little Children:

https://www.youtube.com/watch?v=B_xdkk_sXgA

Craft : Jewel Fish



Advanced Material for 4th & 5th grade: What should I pray for?

What should I pray for?

You can pray about a condition that irritates you but you should not expect there will be a little improvement; there should be the FULL expectation that the irritation will be removed completely.

How do I feel during prayer?

Enter your prayer with the feeling of joyful anticipation and excitement for what is to come.

To begin, children can use this simple prayer. When there is a thought they want to change, they can center back to this simple prayer. Have them breathe in and out three times to relax before you start.

- God Is
- I am
- I have all I want and all I need
- Thank you God

What steps are most important?

Knowing that God Is and I am (spirit in action). When we can reach the point where we know and feel our Oneness with God and that our affirmative prayer is God declaring Himself anew in our experience through the individualization of His mind in us, then we are able to have complete confidence in the creativeness of the treatment we give.

Tween & Teen Activity:

Personal Prayer

There will never be more or less of God as what we are than there is right now, but we can come to a greater awareness of the Spirit that is within us. And it is through such an increased awareness of what we are that we are led to expect that anything and everything good that we affirm in prayer is ours.

Our personal prayer is a solitary venture. But through the simple means of thought, and thought alone, we can so consciously unite with the One Presence and Power, the One God that the very creativity of the Universe is brought to bear upon the least as well as the greatest idea we have incorporated in our prayer.

Tips for older children. When you have a thought you want to change, use these steps.

- First: Sit quietly - find the calmness of your own being. Consider the quiet of the evening, the stillness of the night, the dawn of the new day or in the midst of activity.
- Second: Say statements in your mind or out loud to neutralize thoughts of doubt (such as "I am love. I am pure. I am peace.")
- Third: State the truth for you. Do not be discouraged, for you are working with the principle of life which cannot fail you.
- Fourth: Give thanks

It is a known fact that thoughts, often repeated, form patterns in the mind which automatically reproduce themselves. Psychologists explain continuously repeated thoughts condition your automated response and is a respected practice throughout our society.

Remember: When you master your thinking, you master Life.

Affirmation: "God's Love is Always Present"

Week #3: Thoughts are Things

Teacher's Notes: *Spirit must be Its own propelling power, Its own motive power. To suppose that Spirit had to go somewhere to get energy with which to energize Itself would be to suppose Spirit is not First Cause. Whatever the nature of that which comes first is, It must have within Itself all that It needs with which to express Itself. We must realize that, in dealing with Causation, we are dealing with That which is the First of everything and is absolutely Unconditioned. It does not need to be energized, but is the energy back of all form and all manifestation of Life.*

Main Message: We are an integral part of a perpetual motion machine. As we think, we place in motion a system that creates an environment that adheres to our thoughts. Since we have this unbelievable power to create, we must take responsibility for what we create and consider the implications.

Readings:

"A human being is a part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest - a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty." ~ Albert Einstein

When the time comes that nothing goes forth from you other than that which you would be glad to have in return, then you will have reached your heaven. ~Ernest Holmes

Lesson: At A Snail's Pace

Has anyone heard the ten, 'snail-pace'? It means that the snail moves forward very slowly. Have you ever watched a snail move forward?" Many, mont of god's living creatures are equipped to move forward all by themselves. What does the fish use? - a fin and tail. We also move forward when we grow. We grow in body and in mind. In school we move forward from first grade to second grade and then to third grade. How do we do this? We try. we make effort. We do this for ourselves. No one else can do this for us.

This is how God is always very close to each of us. This makes it easy to pray. When we pray, we are realizing and feeling this nearness of God. When we know God is within, we feel very peaceful, because we know God is Love. It is good to love and to feel love. Love makes all living things grow; makes them whole and well. When we give a prayer for love, we can do it for ourselves and for others.

Questions:

Q1. How do you move forward?

A1. Walk, jump, swim, run.

Q2. What within us enables us to move forward?

A2. The Mind, with which we think.

Q3. When we say there is One Mind, or One Spirit, what do we mean?

A3. We mean that all of us think with the same Mind.

Activities:

Meaning of Craft: To demonstrate that the power of spirit is self-propelling.

Crafts: Snail



Advanced Material for 4th & 5th grade: Thoughts are Things

In our daily lives, we exhibit great faith which is amazing. We have no doubts that the sun is coming up tomorrow, that the lights will turn on, that the water will come out of the faucet or that an oak seed will become an oak tree. All these things we accept and know will occur and can be done. Exhibiting this same faith toward our prayers would demonstrate the faith and belief in the power of our mind. To think, to pray, means that we reach out and touch the center of the Universe and open our mind so that a flood of infinite creative Energy that is God pours in and through our thought.

Lesson: When is it better to NOT get what you asked for?

The lame man asked for money. Peter (in a story from the New Testament of the Bible) gave him something so much better- the wholeness to walk and leap in praise and joy. Sometimes we ask for a toy or a bicycle. Our parents may decide to give us something so much better - the love which makes us grow up enough to realize that there are more important things in life than toys or things to keep in our physical possession. Do you feel that boys and girls who are always given each toy or physical thing they want are as likely to become aware of this more precious gift (of wholeness and maturity of thinking) as those whose wise parents give them a higher form of love, which forces them to grow up.

Discuss Keeping the mind occupied with physical things to the exclusion of consideration for other people and their needs might impede the outpouring of the spirit.

What are some of the things we ourselves can do to encourage the outpouring of spirit? (recognize it, identify with it, and learn to love our own awareness of it.)

Love occurs in play (team spirit) and in creativity (making things for ourselves and for others.) The “outpouring” is for all of God’s children, and therefore a part of the responsibility of each to let It pour forth through him to touch and heal others, as It did through Peter

Tween & Teen Additional Interactive Activity:

Many inventors search to find a perpetual motion machine. However, it is thought to be impossible because of friction and would violate the laws of thermodynamics. However, Spirit is a perpetual motion system. Spirit does not encounter friction.

No struggle, no strain - only knowing. knowing what? That God is all there is, beside which there is none other. By this elevating our thought, we are made free; no longer bound to our way of negative thinking. This is what is meant by “The very law that finds us also sets us free.” and “Behold I make all things new,” (from the Bible)

Man is the expression of Spirit and the self-propelling peer urging and enabling man to continue to make observations and inventions fuels the world.

While we say - and rightly, thoughts are things, we must add there is something that becomes before the thought, and that is the thinker. The thinker's world is created by his consciousness (caused by his thinking habits). Prayer changes the consciousness, and in turn, the consciousness automatically reflects the new effects into the world of experience.

Discussion: Knowing how important your thoughts are, select a thought you have heard from someone else.

Affirmation: The power of Spirit within me enables me to accomplish worthwhile tasks

Week #4: We are all one

Teacher's Notes:

*This version of The Parable of the Good Samaritan was created for your use with The Golden Thread of Truth curriculum. It has been created to support the teaching of Science of Mind. The key passage, **After a time, a man, a Samaritan, came down the road. He was not from Amult's village. He was not coming from town. He belonged to a village and town that Amult had battled. He saw Amult. But he did not see an enemy, he saw a battered man. He saw himself. He stopped.** Was created to support our teaching that everyone is connected and part of the whole.*

Main Message: What we see comes out of what we don't see. In thought alone is the key to the ultimate creative power. The urge we all feel for every increasing heights of self-expression and fulfillment makes us all part of a great Unity which encompasses everything, and an interrelationship exists between the parts. Just as we are closely related to God, so are we to the next person; in reality, there is no separation between the whole and any of its parts. There is only One Power in the universe and we can use It, direct It, channel It in any way we see fit in direct proportion to the degree that we recognize It.

- The inner nature of our own being is God individualized as us
- Every person on the planet is a creation of God and individualizations of the One Mind

Readings:

Everyone should be respected as an individual, but no one idolized.

Albert Einstein

SOM Reading: 232:3: Every thought of cruelty is disturbing to the entire body. Soloman tells us that "he that is cruel, troubles his own flesh," and every adverse thought is cruel. Thoughts of peace and good will, a recognition of the unity of all men, will product harmony, and bring about perfect elimination in the body. ~ Ernest Holmes

The Parable of the Good Samaritan (Christian)

(Please have the children act out the story as a group)

Amult planned for his trip with care. The walk to town, trade of goods and trip home carrying the parcels and presents for his family could not be done often. But not everything his family required could be produced on the farm. He needed salt to preserve his meats, books to educate his sons and silk to delight his wife. Amult smiled as he began his journey with the first light of the sun. He carried seeds produced by his garden, wool produced by his sheep and goats abundant with milk. "I am blessed with abundance," thought Amult.

The walk was not easy. Dusty roads had many twists and turns, steep hills and narrow caverns. But, cool water was running from a stream nearby. The flowers of the season sparkled with harmony. "I am blessed with beauty," thought Amult.

The warmth of the sun caused Amult to stop at a stream for a drink. The trees and bushes provided cool shade, and cover for surprise guests. A sudden movement caused Amult to startle and from within the cover came three men. "Give us your bundles," they said. Amult replied, "These are the seeds collected from my garden, dried over the season ready to plant for new harvest. The wool of my sheep has taken 12 months to grow and was sheared to be traded for the wisdom provided in books for my sons."

But the men did not care about the energy of the plants in the garden, or the work of the sheep to produce wool or the goats born of their mothers. They desperately ate the seeds to fill their empty stomachs and dispersed the wool to warm their bodies and cut the milk from the goats to quench their thirst. Amult felt sorry for the abrupt end of his parcels and hung his head in sorrow. The men were angered by Amult's sadness. They beat him. They hurt his legs so he could not walk. They hit his eyes so he could not see and they left him on the road. Amult felt the warmth of the sun on his skin and thought "I am blessed to be alive."

After a time, a holy man from Amult's village came down the path. He saw Amult and saw he was blinded from the beating. He thought to himself, "I have no time to stop. My parcels will spoil and I will not get back to my village before the sun sets. If I am quiet, this man will not hear me." But Amult cried out, "My eyes are blinded and my legs are broken but my ears work." Still the man did not stop. Amult thought, "I have hope."

After a time, a rich man from Amult's village came up the road from town. He had just completed his successful trades and pulled a wagon loaded with supplies for his family. He saw Amult, legs broken and twisted so he could not walk. Amult heard the wagon and cried out, "Please, whoever is there, help me." But the man, fearing he would lose the items he had acquired if he removed them from the wagon said nothing and moved quickly past where Amult was lying. Amult thought, "Why did you not stop?"

After a time, a man, a Samaritan, came down the road. He was not from Amult's village. He belonged to a village and town that Amult had battled. He saw Amult. But he did not see an enemy, he saw a battered man. He saw himself. He stopped. He took the olive trees he brought for trade and removed their roots and leaves to support Amult's legs. He took the olive oil he brought for trade and soothed Amult's eyes. He removed the packs from his horse so Amult could ride. As the sun set, the good Samaritan led his horse and Amult into the town. He brought Amult to a hotel and gave the keeper money for his stay and recovery.

When the towns-people saw the Samaritan, they were angered that Amult was in their midst and prepared to fight. Amult rose high and exclaimed. "After my attack, I needed help. I could not go forward on my own. As I lay in the road, I heard our holy man sneak by without a word or gesture to help. But my hope was not broken. Then, I heard a man of wealth with a wagon pass by me on the way to my village and I wondered if I would do the same. This good Samaritan stopped to help when all others ignored me. He alone saw me as more important than the items for trade. Ask him why."

The good Samaritan said, "Only by seeing the value of all men can we see the value of ourselves."

Advanced Material for 4th & 5th grade: Realizing God

What is Spirituality? In essence, spirituality is simply living with the intention to realize God in every circumstance of your being – your thoughts, emotions, words, deeds, relations, aspirations – in short, the totality of your life, right to its very end. That attitude, that stance in life is the only thing which can truly create a better world. There will never be a better world until there are better people in it. The way to build better people is to begin with yourself by realizing God. To realize God means to know God on every level of reality and in every mode or aspect of God's being. Thus, Spirituality can be defined, level by level of reality, this way:¹

- In *physical* terms, spirituality is recognizing the miraculous nature of matter and the creative source behind the mystery of matter.
- In *biological* terms, spirituality is realizing that a divine intelligence underlies all life change and that such change is evolving all creation to every greater degree of wholeness and perfection in order to perfectly express itself.
- In *psychological* terms, spirituality is discovering within yourself the ultimate source of meaning and happiness, which is love.
- In *sociological* terms, spirituality is giving selfless service to others, regardless of race, creed, color, gender or nationality.
- In *ecological* terms, spirituality is showing respect for all the kingdoms in the community of life – mineral, vegetable, animal, human, spirit and angelic.
- In *cosmological* terms, spirituality is being at one with the universe, in tune with the infinite, flowing with the Tao.
- In *theological* terms, spirituality is seeing God in all things, all events and all circumstances, indwelling as infinite light and unconditional love, and seeing all things, events and circumstances in God as the matrix or infinite ocean in which the universe occurs.

Since God does not manifest Himself alike in every man, being unique in each person, no man need feel out of place in the universe in which he lives. There is a right something for each to do. Each is a unique institution in a Cosmic Wholeness. Each has his place in the Divine Order, a place of which no one can rob hi. Each has the right to be happy and to be whole, and in such degree as we abide in his name, we shall be made whole. But in his name is an interior awareness and not an exterior act.

Tween & Teen Additional Interactive Activity:

¹ Source: Science of Mind Magazine, June 1990, by John White, "Explorations in Consciousness"

What is Unity? We are all a part of the same experience. And, we are not all the same. Understand that unity does not mean uniformity. Every blade of grass, every crystal, every snowflake are all individual, a little different from each other. But together, we create the human experience.

How do I hear God? Imagine you are looking into a tunnel. At first it appears dark but occasionally you see a shaft of light shining through it and you catch a glimpse of a beautiful valley on the other side. You long to walk through the tunnel but the darkness closes in and you turn your attention to the desert in which you are standing. Now, Imagine two voices that seem to be talking to you. One voice says "you are following a mirage, an illusion. There is nothing real but this end of the tunnel. Accept things as they are. Make the best of them. Be as happy as you can, but do not hope." This is the voice of despair. The other voice is saying, "Do not be afraid. Your vision is true. Enter the tunnel and walk through. There is nothing solid in it. That which obstructs your passage is vapor, the vapor of unbelief. It is dense only with the denseness of doubt. It is filled with the thoughts of the ages. There is a lamp within you already lighted. As you walk through the tunnel the darkness will disappear because of this light, You will find that other half of yourself and you will discover that this tunnel is your own mind.

How do others realize God? You cannot be responsible for others. Each is an individual. Why do we have wars and struggles? Why isn't everything perfect? Because the greatest gift Life could have made to you is yourself. You are a spontaneous, self choosing center in Life, in the great drama of being, the great joy of becoming, the certainty of eternal expansion. And this is true for everyone.

In others, you can quickly see what doesn't server you. And, you can use your realization of God for personal purposes. This is no more selfish than planting a garden, using the sun and earth and water to grow plants, and harvest the plants for your personal use. You can create the life you want.

Affirmation: Each day and each hour I yield myself to this Power greater than I am, and I am guided by It.

Week #5: The Science of our Thoughts

Teacher's Note: *Over the past few decades, more and more scientific research has revealed that our thoughts have a profound impact on our lives. We use the story of proof, using a scientific method, to explain something that cannot be seen. Many times, Dr. Ernest Holmes used the examples of gravity or electricity to prove that something which cannot be seen exists. We know gravity and electricity exist because of the results we see when we use them. Albert Einstein was a leader in the power of thought to prove the existence of the unseen. This week, we use stories of scientists and thought leaders with different takes on the science of thought.*

Main Message: Seeing the unseeable is possible when we see the result. Just as the wind is visible by the fluttering of the leaves or a chemical reaction is visible because of the light that comes when we strike a match, we can see Spirit in action through the result of our thoughts.

- We are not passive receivers of our world. We are creators of our world
- When our thoughts turn to love, we create joy in our lives

Readings:

Everyone is a genius. But if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid. ~ Albert Einstein

“Our childhood dreams of a world of magic, in which everything could be made right, can become a present reality. As we mature in the knowledge of the nature and action of Spirit we learn to direct our thinking so that we may become co-creators with It of our new world of experience, filled with joy, happiness, health, abundance and, above all, imbued with a boundless sense of love for man and God. ~ Ernest Holmes: from “The Magic of the Mind”

Lesson: There is Only Love

Mary and her mother were having a discussion about the presence of love in their lives. Mary asked her mother, “Is it possible to have a life without love?” Her mother replied that it is not. We can maintain a day, or a minute or a second if we try really hard but it is near impossible to live without love.

Consider this. Is it possible to have complete dark? Sometimes, if we try really hard. But darkness is not easy because even a simple match or a single star or turning on a light switch will immediately bring in some light. Darkness is just a state of no light.

Or, consider this. Is it possible to be cold? Sometimes, but again cold is just a word to describe different levels of heat. Even absolute zero degrees is a measurement of no heat. Any amount of heat will make it no longer cold.

So, how is it possible to have no love? The words to describe this feeling are fear or anger or loneliness but again they all demonstrate the absence of love. Love is the natural state, just as light and heat are. And, you get to choose how much light, heat and love you bring into your life.

Questions:

Q1. What things do we know exist that we cannot see?

A1. Air, thoughts, feelings, Wifi

Q2. Do things that we cant see still have an impact on our lives?

A2. Yes

Q3. Why do we say that Love is all there is.

A3. Because the only truth is our growth and awareness of the way life works.

Activity:

Music: There is Only Love By Karen Drucker

<https://www.youtube.com/watch?v=qhMTfIRrB7o>

Craft: Bubbles!

Symbolism of Craft: Bubbles are a wonderful way to see something that is not visible. By blowing bubbles, we can see the air inside.

Materials: Liquid bubbles



Advanced Material for 4th & 5th grades and Teens/Tweens
The Dropped Chalk is a story to describe the existence of God. It has been attributed to Albert Einstein.

Does evil exist?

The university professor challenged his students with this question. Did God create everything that exists? A student bravely replied, "Yes, he did!"

"God created everything? The professor asked.

"Yes sir", the student replied.

The professor answered, "If God created everything, then God created evil since evil exists, and according to the principal that our works define who we are then God is evil". The student became quiet before such an answer. The professor was quite pleased with himself and boasted to the students that he had proven once more that the Christian faith was a myth.

Another student raised his hand and said, "Can I ask you a question professor?"

"Of course", replied the professor.

The student stood up and asked, "Professor, does cold exist?"

"What kind of question is this? Of course it exists. Have you never been cold?" The students snickered at the young man's question.

The young man replied, "In fact sir, cold does not exist. According to the laws of physics, what we consider cold is in reality the absence of heat. Every body or object is susceptible to study when it has or transmits energy, and heat is what makes a body or matter have or transmit energy. Absolute zero (-460 degrees F) is the total absence of heat; all matter becomes inert and incapable of reaction at that temperature. Cold does not exist. We have created this word to describe how we feel if we have no heat."

The student continued, "Professor, does darkness exist?"

The professor responded, "Of course it does."

The student replied, "Once again you are wrong sir, darkness does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact we can use Newton's prism to break white light into many colors and study the various wavelengths of each color. You cannot measure darkness. A simple ray of light can break into a world of darkness and illuminate it. How can you know how dark a certain

space is? You measure the amount of light present. Isn't this correct? Darkness is a term used by man to describe what happens when there is no light present."

Finally the young man asked the professor, "Sir, does evil exist?"

Now uncertain, the professor responded, "Of course as I have already said. We see it every day. It is in the daily example of man's inhumanity to man. It is in the multitude of crime and violence everywhere in the world. These manifestations are nothing else but evil."

To this the student replied, "Evil does not exist sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness and cold, a word that man has created to describe the absence of God. God did not create evil. Evil is not like faith, or love that exist just as does light and heat. Evil is the result of what happens when man does not have God's love present in his heart. It's like the cold that comes when there is no heat or the darkness that comes when there is no light."

The professor sat down.

The young man's name — Albert Einstein.

Affirmation: "The more I study science, the more I believe in God" (quote from Albert Einstein)