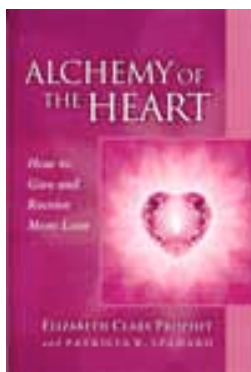


Book Study Groups Children's Lessons Based on

Alchemy of the Heart

By Elizabeth Clare Prophet and Patricia R. Spadaro

Alchemy of the Heart offers powerful insights and tools for wholeness based on a deep understanding of the heart. It draws from the wisdom of the world's spiritual traditions to show you how you can nurture your soul through developing heart qualities of love and mercy.



Lesson Four – (Based on pages 60 to 84) *Heart Power* For Children ages 6 – 10

Parent/Teacher Preparation: This lesson is taken from chapter two, “Empowering the Heart.”

Review the chapter before you begin.

Review the lesson, including the activities. Please note that the text of what you can say to your child is in *italics*.

Gather the following materials you will need:

- CD and music (optional)
- Crayons and colored pencils or paints

Set Your Environment:

Pick a time when both you and your child are rested and happy.

Many parents like to use music to assist in creating a meditative atmosphere. In this lesson we tell the story of Andrea Boccelli, the blind singer. If you have a CD player and any music by Boccelli, play it as you are preparing yourself and when you and your child begin. You may also wish to play it during brief meditations.



Suggested Music:

Your favorite discs by Andrea Bocelli

Overview of the lesson

- Love is the strongest force in the universe—it is powerful.
- When we feel gratitude, we get into the habit of seeing the positives.
- You can learn to be kind by learning to see the beauty of people's hearts.



Heart power

The love in your heart is the greatest power in the universe. It is powerful enough to change the world.

Heart power far outweighs any other kind of power. That is why the sages of the East and the West say that it doesn't take a lot of people to create spiritual transformation [or change.] It takes only a few very powerful hearts...

Pure love always brings power; for the more we love the more powerfully can our heart affect other hearts.

Elizabeth Clare Prophet

Demonstrating your love

This lesson includes an activity for learning to see how you and God work together. It also tells a story about a special person and how he demonstrates love in his life. There will be another story too - about you!



Whatever you decide to do in your life; from studying hard in school, becoming a Scout, having special friends, to building your career when you grow up; you can do it with love. The more you build that momentum of love, the more God fills you with more love to give.

It is helpful to have a visualization of how God's love and energy comes to us and how we can send it back to God with gratitude for all of His creation.

Activity 1: You and God working together



Take a sheet of paper and a crayon or some paint. Right in the middle of the page make a small picture of you. Then draw a large figure 8, with the picture of you at the nexus, right in the middle between the upper and lower loops.

At the top of the 8, draw a flame representing God. Around the bottom loop, make several small people representing the people you can be kind to, such as your family, your teacher, your friends and whomever you want to add.

Take your finger or a crayon and begin to trace, from you in the middle, up the left side of the upper loop to the God flame, then back down and around the lower loop, then back to the middle and up again. Trace it again and again.

As you make this loop every time you put

your attention on God, sending the energy of your heart up to God, he charges it with his light and it returns to you full of God's love for you to bring down into your world and to use in your work and service.

Gratitude is strengthening because when we are grateful we establish a figure-eight flow of love from our heart to the heart of God. And when we send love and gratitude to God, light and blessings return to us.

Practicing the art of gratitude



This is the story of someone who learned at an early age to focus on what he could do and what was beautiful in his life instead of what he could not do and was difficult in his life. This man is a rich and successful singer who travels around the world and gives concerts. He is married and is the father of two children. He rides bicycles, rides horses and skis. Before he began to sing professionally, he went to law school and became a lawyer. It sounds like someone with many talents and the ability to succeed.

The thing that makes his story so unusual is that he is blind! He has been blind since he was twelve years old. When he began going blind, his mother and father continually helped him face the fact, accept it and find out what he could do, rather than what he could not do. His name is Andrea Boccelli.

When people felt sorry for him that he could not see, his mother reminded him that he would see things inside his mind that others could not see. He learned not to feel sorry for himself, but to be grateful for what he could still do and be. This mother showed compassion for Andrea, instead of sympathy to make him feel sorry for himself.

When he was a little boy he went to the Shrine of Mother Mary in Lourdes, France, where she had appeared to a little girl many years ago. It is visited by millions of people every year and many people are healed when they pray there. Andrea told a priest after he had prayed that he had



not prayed to be healed, but to be serene. That means to be peaceful in accepting his life.

Andrea believes that singing is his destiny, and now his music brings peace to many people who love his beautiful voice.

Poetry of gratitude

Long ago a Persian poet named Rumi wrote a very short poem about what God might say to us. It reminds us about being grateful for what we have, like Andrea learned to do.

“But listen to me: For one moment, quit being sad. Hear blessings dropping their blossoms around you. God”

Rumi

Gratitude is a very important thing, for you and me and for all nations on earth. Part of the figure eight flow you drew earlier is always remembering that life and energy come to us from God. If we always remember this and learn to be more grateful, we will use God’s energy with greater care.

Activity 2: I am grateful!

Take a moment and write a list or make a picture of the things that you are grateful for in your life, of the things that are blessings falling as blossoms around you. Think especially about things that might not be perfect in your life and see if you can find some new way to think about it with gratitude.

A short quick prayer we can say is this: “Hear O Universe, I AM grateful!”

Activity 3: Seeing beauty in one another

But each one has a heart of fire just like you do. One way to learn to be kind to people, even when you think they don’t deserve it, is to try to see the beauty of their hearts and learn to love as God loves.

Author Elizabeth Clare Prophet tells how she did this one day.

When you get into a difficult situation, try asking God to show you how he loves. I did this one day. I was meditating in my heart on God’s love and I asked God to enter my heart so I could understand how to love as God would love. I was blessed with the miracle of feeling God loving life through my heart.



Flame in your heart

Another man who had also meditated on God's heart told about what happened to him:

*Then it was as if I suddenly saw the secret beauty of their hearts...
the person that each one is in God's eyes.*

There is a science of learning to see the beauty of each person's heart and their real self. It is called the science of the immaculate concept. We also want to learn to see ourselves as a fiery heart, and learn to know our real self so that we can learn to forgive ourselves and bring out our best.

Visualize perfection



Have you heard of the great young golfer, Tiger Woods? His father taught him to visualize himself making the perfect shot. Many other athletes do the same exact thing. It helps them perform at their best.

You can visualize yourself doing everything you do at home and at school, as perfectly as possible.



Activity 4: Your story

This story is not completely written yet. You have many choices to make about how you will live your life as you grow up. You will learn how you can use the energy God has given you in your life to make a difference in our world. You will write the story of your life by the things you decide to do. You already started your story when you were born, even if you have not written it down yet!

To help you think about the story of your life so far, you can make a timeline of your life. Tape together, side by side, panels of 5 ½" x 8" paper. Use one sheet for each year of your child's life. Lay out the pictures you

have selected. Beginning with a baby picture, have your child tape or glue the picture on the top of the first panel. Just below it, write one sentence about your child's life. Continue through the years.

Celebrate with gratitude the events and people in your life so far!

Happiness through service

A very famous doctor, named Albert Schweitzer, who helped poor and sick people in the continent of Africa, once wrote: "One thing I know: the only ones among you who will be really happy are those who have sought and found how to serve."

Activity 5: How I can serve



You can look at the section of this website called Teens' Place, at the article about Service Projects. There are many ideas you can do with your family. When we find ways to give our love and friendship, we are showing a little bit of the divine in our lives.

Pick one service project you can do. Do it. Follow up by writing a story or drawing a picture of how you helped.

Concluding thought

You can start to serve now and as you study in school and then in college, you can think about what you will do and be – finding that certain gift you have that will open the floodgates of life and love into your world. The world is waiting for the power of YOUR heart!

Summing Up

- Love is the strongest force in the universe—it is powerful. Where do you see the power of God's love?
- When we feel gratitude, we get into the habit of seeing the positives. Name three positive things in your life.
- You can learn to be kind by learning to see the beauty of people's hearts. What are the best qualities of your best friends?