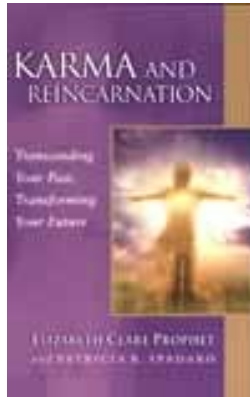


## Book Study Groups Children's Lessons Based on

### *Karma and Reincarnation*

By Elizabeth Clare Prophet and Patricia R. Spadaro

*Karma and Reincarnation* explores the questions of which family you were born into, who you are attracted to and why some people put you on edge. Learn how karma and reincarnation work and how you can turn karmic encounters into grand opportunities to live life with joy and fulfillment.



### **Karmic Truths – Lesson 1 Part 2, based on pages 33 to 61** For ages 3 to 6

**Parent/teacher preparation:** This lesson is taken from the last half of the section of the chapter “Karmic Truths.”

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:

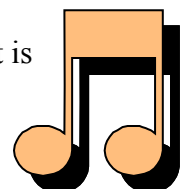
- CD and classical music (optional)
- A wire coat hanger, and two white beads – one small and the other about 10 times as large
- Colored pencils, crayons or paints

#### **Set your environment:**

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

If you have a CD or tape player and classical music, select a piece of music that is soothing as you and your child begin.

#### **Suggested Music:**



You can use any well-known classical pieces that you and your child enjoy.

### **Overview**

We have all lived many times.

Each of us has a special gift of talents and skills to give to mankind.

Our souls remember why we were born even if our minds forget.

We are supposed to grow up spiritually by overcoming challenges of our karma.

Karma can be both good and bad.

Bad karma can be problems we face.

Good karma can be talent and opportunity.

### **Lesson: A little child remembers a past life**

*One day a little girl (we will call her Emma) almost three years old saw a picture on the wall. It was a picture of her great-great-grandmother, Gertrude. She stared at it. Her face took on a puzzled look as she looked up at her mother and asked, "Is that me?"*

*The next day Emma was at a family picnic, playing peek-a-boo with her great-great uncle, the son of Gertrude. Suddenly she stopped and looked at him. "Am I your mother?" No one knew what to say to her, so they laughed.*

*Later that evening the family was watching some slides of the family many years ago. There was a picture of Emma's mother when she was a little girl, standing next to her great-grandmother, Gertrude, who was sitting down. Emma shouted, "Mama, that's me!"*

*Emma's mother said, "No, darling, that's me when I was a little girl."*

*Emma insisted, "No, mama, the one sitting down!"*

*A very few days later, Emma was coloring. Suddenly she looked at her mother and said, "Mama, my name is Gertie, call me Gertie." (Gertie was the nickname for her great-great-grandmother Gertrude.)*

***What do you suppose might have happened?*** (Pause and let child respond) *Emma was remembering another life that she had before she was Emma.*

*Many children have memories like this, especially when they are very little.*

*Elizabeth Clare Prophet, spiritual teacher and mother of five children, had a memory of a past life when she was a little girl. It all happened one day when she was playing in her sandbox.*



### **Elizabeth remembers a life in Egypt**

*Elizabeth was four years old. Her daddy had built a sandbox for her. She was sitting in the sand, feeling the sun on her back, watching the sand run between her fingers. All of the sudden she was not in her sandbox any more! She saw herself playing in the sand, splashing in the water along the Nile River in Egypt. Her mother in that life was watching from nearby. Elizabeth knew exactly where she was. Her parents in this life had put a map of the world on her bedroom wall and little Elizabeth loved looking at it and learning the names of places. She knew she was in Egypt!*



*Then, suddenly, she was in her own backyard again. She was not frightened. She did not feel dazed or dizzy. She ran in to ask her mother about what had just happened. Her mother sat little Elizabeth down and looked at her and said, “You have remembered a past life.” Elizabeth was never the same. Now she knew there was more of her than just the little girl in her sandbox.*

### **Our body is a coat we wear**

*Her mother taught her more about this idea of past lives. She told her, “Our body is like a coat we wear. It gets worn out before we finish what we have to do. So God gives us a new mommy and a new daddy and we are born again so we can finish the work God sent us to do and finally return to our home of light in heaven. Even though we get a new body we still have the same soul. And our soul remembers the past even though our mind may not.”*

*Elizabeth felt like she had always known these things. She told her mother, “Mommy, I know I have lived forever.”*

*Have you ever had a memory of what may have been a past life? (Pause and let child respond) Even if you have not had a memory of a past life, you may have seen someone or some place that seemed familiar. God blesses us by making sure we do not remember too much – one life at a time is enough for us to think about!*

### **Lesson: Growing up spiritually**

*We all know about growing up and becoming bigger every year. But we also grow up spiritually. When we were first created we knew we were from God and had a mission to fulfill. **Have you ever thought about your mission?** (Pause and let child respond)*

*Over many lifetimes, our souls may have forgotten why we had been born. We forgot we had a mission. When we forgot, we began making choices that were not God's way at all. We may have made negative karma along with our good karma. Growing up spiritually means being willing to pay back life for the wrong things we said and did as well as taking the gifts God has given us and our good karma to share with others.*

### **Stories of good karma**

*The things you are good at in this life are signs of your good karma. Here are a few examples of good karma.*

- 1. A great American general and World War II hero, George Patton, wanted to be a soldier from the time he was a little boy. He remembered being a successful warrior in other lifetimes and he even remembered where he had lived, in Italy and in Scotland. When he visited these places in this life, these places felt familiar.*



*Roman legionnaire*

- 2. Little Wolfgang Amadeus Mozart began playing music at age three. We learned about him in our last lesson. How else could he have developed such skill except through former lives?*



3. *A little boy named Tom Wiggins was the son of slaves in Georgia. He was born blind. His ears however, were just fine. If he heard a song once, he could play it perfectly on the piano. When he was eight year old he began playing concerts. Sometimes he would actually stand up and play the piano with his hands behind his back! He could play so well because he had learned how in another life and could still remember how to do it.*

### **Activity 1: Using your imagination**

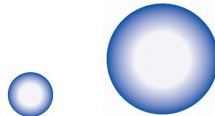
*Make up a story that shows how karma works. Make a drawing or a diorama to illustrate it OR You might want to make up a play about your story that you and some friends can act out.*

### **Activity 2: Karma wheel**

For this activity you need two beads, a small bead and a larger bead (about 10 times the size of the first bead) and a coat hanger or other piece of heavy wire.

Bend the wire into a circle. Put the two beads on the wire and twist it shut. Hold the wire circle in front of your heart. Push the small bead up and around the circle. When you bring it back to your body, push the larger bead around. Explain to your child: *An interesting thing about karma is that after we send out energy through our thoughts, words and deeds, it gathers more energy just like it and returns to us with even more energy than we sent out.*

*The first bead represents good a thought, feeling or action that you send out to the universe. The second bead represents what returns to you.*



### **Your own good karma - your special gifts**

*Why do we have many lives? (Pause and let child respond) When you were first created, God gave you a special gift, something you could contribute to the world throughout your many lifetimes. Developing and giving that gift is your mission.*

*Do you have any ideas what your special gift is? (Pause and let child respond) Sometimes what we want to be when we grow up gives us an idea of our mission.*

### **Activity 3: Drawing or painting**

*Imagine yourself as a grown up. What do you think you might want to be doing? Draw a picture of yourself when you are grown up or use clay and mold a symbol of what could represent what you want to do.*

### **Review of main points**

- We have all lived many times.
- Each of us has a special gift of talents and skills to give to mankind.
- Our souls remember why we were born even if our minds forget.
- We are supposed to grow up spiritually by overcoming challenges of our karma.
- Karma can be both good and bad.
  - Bad karma can be problems we face.
  - Good karma can be talent and opportunity.