

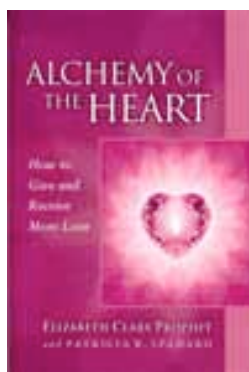
Book Study Groups Children's Lessons

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 85 to 107)

The Merciful Heart

For children ages 3 - 6

Parent/teacher preparation: This lesson is taken from the chapter, "Healing the Heart."

Review the first three sections of Chapter Three, *The Merciful Heart*, *The Mystery of Self-Transcendence* and *A Ritual of Forgiveness* 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)
- 2 clear glasses or cups
- Blue and red food coloring that we will mix to make violet
- Drawing materials

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 something soothing to play as you and your child begin.

Suggested Music:

Mozart or Bach – your choice.



Overview of the lesson

- Learning to forgive is to become merciful.
- It is important to learn to forgive and forget.
- Forgiveness does not mean that what someone does was right, it means that we forgive from our heart, we ask God to forgive them and we go on our way.

Learning to be merciful

Do you know what merciful means? Merciful means to be full of mercy. Mercy is when you can forgive and love someone, even when they have done something wrong or hurtful to you. Being merciful is the opposite of having a hard heart. Our heart is hard when we stay



mad and refuse to forgive someone who has hurt us. To help us think about being merciful, here is a story about a little boy named Josh.

The merciful heart is when you feel love in your heart. The merciful heart is when you are always kind even if someone is not so nice to you. The merciful heart is always ready to forgive.

If we do something wrong the merciful heart wants to make it right. If someone breaks or loses your toy there are two things that should happen. First is the person should say they are sorry. The second is they should replace your toy. And what should do? If you are being kind and merciful you will accept their apology and thank them for getting you a new toy.

The I AM Lord's Prayer

In this prayer we are going to learn, there is a part about being merciful. Listen carefully for the word forgiveness.

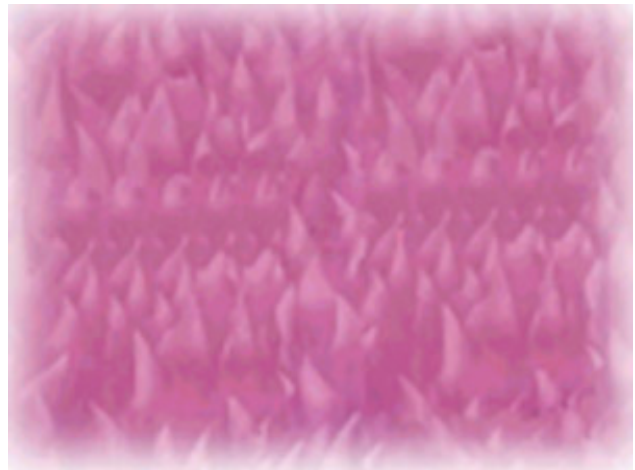


*Our Father, who art in heaven,
Hallowed be thy name, I AM.
I AM thy Kingdom come
I AM thy will being done
I AM on earth even as I AM in
heaven
I AM giving this day daily bread to
all
I AM forgiving all life this day even
us
I AM all life forgiving me
I AM leading all men away from
temptation
I AM delivering all men away from
every evil condition.
I AM the kingdom,
I AM the power and
I AM the glory of God in eternal,
immortal manifestation-
All this I AM.*

It says, very simply that I AM forgiving all life and life is forgiving me. It is a two way street, of forgiveness flowing out from us and back to us. I think that sounds like a good way to live.

Activity 1: Back and forth flow

Let's try an experiment. We need two clear cups or glasses and a little blue and red food coloring that we will mix to make violet. When we have a glass of violet water, we will pour it into the second glass. Pour it back and forth, watching how the water goes equally out of one glass and into the other and back again. Imagine that the love flows in and out of your heart just like this! The more love you send out, the more love will come back to you.



Activity 2: Is there anything you need to forgive?

Is there anyone who said or did something to you that you have not forgiven? You can ask God to forgive them and help you forgive them.



Sometimes, the hardest person to forgive is you! Sometimes we feel very sorry and guilty for our mistakes, but God ALWAYS forgives us if we ask.

With your parents, make up a prayer asking God for forgiveness. It can be very simple, like this:

Step 1:

Dear Lord, please forgive me for...

(You can say this part silently, or out loud.)

I am sorry and I will work on being kinder, *(or more obedient – whatever is the opposite of what you did wrong.)*

Step 2: *Tell the person you are sorry.*

Step 3: *Ask God to dissolve the whole thing with his spiritual light of forgiveness.*

The light of forgiveness is violet. Close your eyes and see the violet flame as you say,



“I AM a being of Violet fire, I AM the purity God desires!”

Activity 3: Another prayer for forgiveness

Here is a special prayer you can give when you need to forgive someone. When you say the words I AM it means "God in me is." As you say these words, see violet-pink flames blazing up inside of you, going out from your heart to the hearts of everyone whom you want to bless.



Affirmation for Forgiveness

*I AM forgiveness acting here,
Casting out all doubt and fear,
Setting men forever free
With wings of cosmic victory.*

*I AM calling in full power
For forgiveness every hour;
To all life in every place
I flood forth forgiving grace.*

Forgiving ourselves

Sometimes we make a mistake or maybe we say or do something that is not very nice. When that happens we may feel very sorry. Sometimes it is hard to forgive ourselves. Sometimes children feel that they are bad. But the real you is made of light, and only light.

You can tell the person you are sorry and ask God to forgive you. God forgives us for our mistakes even before we ask. Everyone makes mistakes. The important part about making mistakes is that we can learn from them and do better next time.