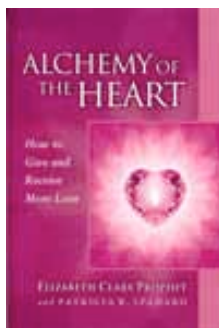


Book Study Groups Children's Lessons Based on

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 Five (Based on pages 129 - 157)

Guarding the Heart

For children ages 3 - 6

Parent/Teacher Preparation: This lesson is taken from the chapter, "Guarding 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)
- Glass, cup and other shaped containers

Set Your Environment:

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

If you have a CD player and classical music CD's, select something soothing to play as you and your child begin.

Suggested Music:

Mozart or Bach – your choice.



Overview of the lesson

- The words you say are very important.
- You can learn to count to nine and calm down *before* you say things you are sorry for later.
- You can learn to guard your heart by visualizing yourself surrounded by your Mighty Tube of Light.

Story of the Miller and his Wife



A long time ago, in the country of Holland, there was little village filled with happy people. In the village there lived a kind miller and his wife. The miller and his wife ground the grain of wheat into flour. In those days each family baked their own bread, so each week people came to buy the flour from the miller and his wife and went and baked delicious bread from it.

The people in the village were full of joy. They were loving and kind and very happy. Then, one day the miller, who was very old, died. The families in the village had to buy their flour from someone else. The whole village felt a difference. They were not so joyous. They did not feel so happy. But no one knew why.

No one knew that each and every day the miller and his wife and prayed as they worked and filled their wheat with the light of God. It was this love and light that filled the grain that the families used to bake their bread that made everyone happy.



Prayer can make people happy – even an entire village, as we see from this story. (Adapted from Pearls of Wisdom, Vol.15 #15, published by Summit University Press.) But to be able to bless people with your love, you have to first open your heart to receive God's love. Then you can share that love, as the miller and his wife did.

Guarding the light within

Guarding the light in your heart is the most important task for people trying to live the life God wants for us. If your heart is heavy and dark with anger, all of your actions are heavy and dark. The miller and his wife blessed the entire village with their flour because their hearts were so filled with love.

You can become someone that blesses your town if you fill your heart with light so that all of your words and actions will carry that light.

Activity 1: Find Holland on the map of Europe

Learn three things about Holland. You can use these three pictures to find out about Holland.



Activity 2: Bake some bread

Bake some bread or muffins and bless the flour and all of the ingredients. Practice blessing your food and everything you handle every day.



You can make good choices.

- 1. Stop before you speak or act.*
- 2. Take a slow deep breath.*
- 3. Feel God's love in your heart and listen.*
- 4. Obey your conscience.*

Spiritual protection

One way to guard your heart is to visualize yourself surrounded by light: in front of you, behind you, to your left, to your right, above you and below you. People in many different religions do this. You can visualize yourself in a giant tube of light and inside of this tube you are connected to the flame of God that is your higher self.

If you look carefully at this picture below, you see you standing in the bottom, surrounded by the violet flame we have talked about. The flame is vivid and comforting. It is not a fire that burns or hurts you in any way. It is a spiritual fire.


Your divine self

Look at the chart of your divine self. There is a flame in your heart. Connected to that flame, immediately above you see the middle figure which is what we call your Holy Christ Self. Above that is your God Self, sometimes called your Mighty I AM Presence, surrounded by rings of rainbow light of the rays of God's light.

Activity 3: Prayer to guard your heart

Learn this prayer to invoke the great tube of light around you for the protection of your heart and all parts of you.

Tube of Light Decree



*Beloved I AM Presence bright,
Round me seal your tube of light.
From ascended master flame,
Called forth now in God's own name
Let it keep my temple free
From all discord sent to me.*

*I am calling forth violet fire
To blaze and transmute all desire,
Keeping on in freedom's flame
'Til I AM one with the violet flame!*