

SCIENCE OF MIND PRINCIPLES FOR KIDS

ABOUT GOD AND YOU

BY
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EDITED BY
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KEN MITCHRONEY

**I'M PART
OF GOD!**

**INCLUDES
7 LESSONS
& PAGES FOR
GROWN UPS**



HAVE YOU EVER WONDERED



SUNNY

**WHY ARE WE HERE?
WHAT IS GOD?
WHO AM I?
WHAT'S THE DISCOVERY GAME?
WHAT ARE HEART CLOUDS?
HOW DO WISHES COME TRUE?
HOW CAN I HAVE A HAPPY LIFE?**



SPOT

Sunny and Spot help kids remember who they really are – unique and special parts of God having joyous adventures on Earth! And they learn some of the core Science of Mind concepts along the way as they create the happy lives God wants for them.

This book can be used in Sunday School classes and at home. It contains 7 lessons that include pages for Grown Ups that help with planning. Each lesson also includes activities and quotes from Ernest Holmes' *Living the Science of Mind* that support the concepts in the lesson.

WHAT PEOPLE ARE SAYING

I really enjoyed the book. Nothing fits better than a soft cuddly animal with personality. The Concepts are clear and can even be used in teaching adults!

... Rev. Dr. Michael Kearney, Center for Spiritual Living, Palm Springs, California

These books really help children connect to the idea that we are one with God ... and that we may use this presence to create a greater life right now ... What a blessing it is to know these principles as we grow and begin creating our lives.

*... Rev. Janet Moore, Center for Spiritual Living,
Newport-Mesa, Irvine, California*

Visit the **Science of Mind Principles for Kids** website
for lots more information
and fun things to do!

SOMFORKIDS.COM

**SCIENCE OF MIND
PRINCIPLES FOR KIDS**

**ABOUT
GOD
AND YOU**

ABOUT THE BOOK

Most of the content in this book was created in 2012 at the request of my friend, Science of Mind minister, Rev. Doug Yagaloff. It was intended to be the first of a series of a four-book curriculum designed to introduce children to core Science of Mind concepts. Our shared vision was to create engaging material that could be used in both Sunday School and at home. This content was first published as **How to Remember Who You Are: Book 1: About God and You, Science of Mind Edition**, and features two of the Power Puppies, Sunny and Spot.

My Power Puppy characters were designed by the amazing Ken Mitchrone many years ago and were brought out of retirement to teach these important concepts. I added their heart lights.

Sadly, my friend, Doug, made his transition to Spirit in October, 2013, before our project was complete. While outlines are complete for the remaining books in the series, there is no plan to complete them at this time.

The 2016 revisions include a change in title that indicates that this book is no longer part of the series we envisioned. "Sunny" formerly appeared as "Snuggles" in the earlier edition, and the first lesson has been rewritten. All other content has remained virtually the same.

It was my privilege to know Rev. Doug Yagaloff as the embodiment of kindness and the spirit of respectful collaboration. It was his dream to share this information with Science of Mind children of all ages, and this book is dedicated to his vision.

Avianna Jones, Ph.D., 2016

Visit the website for more information and free downloadable activities

SOMFORKIDS.COM

For more about the Power Puppies, visit

POWER-PUPPIES.COM

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MY NAME IS

**AND
I AM PART OF GOD!**



HELLO!




Isn't it wonderful to have a life here on Earth?

There are so many adventures for you to have. And there are so many joyful ways to feel! And it is meant to be just that way for you, always.

But sometimes, you might have questions about who you are. Or why things happen the way they do.

Lots of people ask the same questions, and they have found great answers. And the best answers always begin with remembering who you are. You are part of God, and you are never alone.

I hope this little book answers some of your questions and helps you remember how special you are and how you can live a happy, joyful life. Always.

Your friend,
Sunny 



SOME BIG QUESTIONS AND ANSWERS ABOUT LIFE

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THE VERY BEST ME



When I'm sharing and when I'm caring
I know that you can see
I'm being the me I was meant to be -
I'm being the very best me!



When I'm grateful for things I have
And share with those in need
I'm being the me I was meant to be -
I'm being the very best me!

When I'm a friend to those I meet
I know my friends can see
I'm being the me I was meant to be -
I'm being the very best me!

When I do things to help the Earth
I know the Earth can see
I'm being the me I was meant to be -
I'm being the very best me!

When my heart is full of Love
For Every Thing I see
I'm being the me I was meant to be -
I'm being the very best me!

And God is living through me
And Love is living through me
And Joy is living through me
And Peace is living through me
And Kindness is living through me

And I AM the me I was meant to be
I AM the very best me!

1. WHY ARE WE HERE?

"Hey, Sunny! Are you ready to go?" Sunny's friend, Spot, asked.



Sunny was on her way to play the best game of all - The Discovery Game on Planet Earth! It's a game where God gives you special gifts and talents to discover and guides you on great adventures. And as you play, God lives through you and grows with you. It's the best game EVER!

"Yes! Yes! Yes!" Sunny answered excitedly. "I can't wait!"

God helped Sunny create her very own game, which was perfect for her. All players' games are different, and Sunny liked that. It made her feel like the special part of God she is. Sunny smiled when she thought of how grateful she was to be chosen to play.

"It's almost time. Just a little while longer!" Spot said.

Spot knew that Sunny had to wait for the perfect time and place to begin her game, and her wait was almost over. Spot was going to play too, but not yet. Soon he would be ready to start his game and have his own adventures. He knew that he would find his way to meet Sunny so they could be good friends and play the Discovery Game together.

"Thanks, Spot! I'm ready!" Sunny said.

As she waited, Sunny thought of special God had given her. God gave Sunny the gift of Beauty to discover. Sunny knew that when she discovered Beauty in herself, she would see Beauty in all things and in all its forms, and God would see it, too.

It was easy for Sunny to feel Beauty. She saw it in Every Thing, Every Where. And as she saw Beauty, her Love for Every Thing, Every Where grew. And as the Love within her grew, she knew that God grew, too, and was living through her at that very moment.

"That's what the Discovery Game is really all about," Sunny thought.

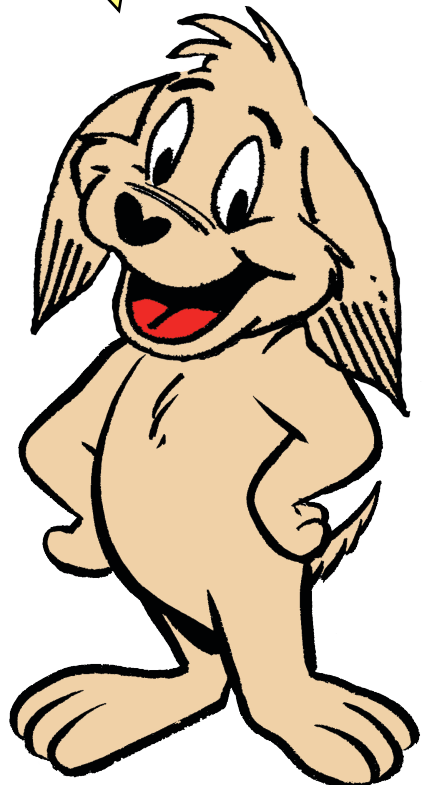
"It's time, Sunny!" Spot announced. All Sunny's friends gathered around her. They were excited for her and knew that they would join her soon.



"Got your plan?" Sunny's friends asked.

Sunny thought about her plan from start to finish. She saw all the challenges she had planned, all the people she would meet to help her grow, and all the ways she would use her gifts. She knew she would discover all these things as she played. And she knew that God would always be with her.

"Got it!" Sunny said. She loved her plan. It was perfect for her.



"Now get ready to forget it, Sunny!" her friends laughed.

Sunny knew that playing the *Discovery Game* meant forgetting your plan so you could discover it again as you played. That's what makes the game so exciting!

"Your blindfold is all ready for you! And it's beautiful, Sunny!" her friends said.

Sunny knew that you can't play the *Discovery Game* without a blindfold. It's the thing that makes you forget your plan, so you can discover it as you play on Earth.

And at that very moment in time and space, Sunny's portal to Earth opened. She was on her way!

"Don't forget to activate your Heart Light, Sunny!" her friends shouted to her as she moved through her portal. "It will help you see through your blindfold. And keep it clear so we can talk to you!"

"And watch out for the dark Heart Clouds!" they warned.

That was the last thing Sunny heard as she continued her journey between the worlds.

And all at once she stopped and new feelings overwhelmed her. "I feel really strange," Sunny thought. And then she knew why. She was in her blindfold and her *Discovery Game* had started.

"I'm here! I have my blindfold on!" Sunny excitedly called to her friends through the portal.

"Happy Birthday, Sunny!" her friends cheered. "But you don't need to call it a blindfold anymore. You can call it what the other players do - It's your Earth body!"

Sunny was so happy that she had made it to Earth and into her Earth body! She celebrated with her friends. They would be playing soon and she couldn't wait to play the Discovery Game with them!

As time passed, Sunny noticed that her friends messages were getting fainter. It was harder to hear them. She knew what was happening. Her portal was beginning to close.

She felt as if her friends were getting farther away from her, and she had her first moment of fear. "Oh my goodness, the hard part of the game is starting."

Sunny felt more and more separate from her friends who were on the other side of the portal. She felt separate from Every Thing.

Sunny couldn't remember her plan, or how to reach her friends. She couldn't even feel God's love within her. Sunny was afraid.

Of course, God was still part of her, and her friends were still connected to her. She just couldn't feel them. As they watched over her they knew she was feeling what all players feel when they begin to play the Discovery Game - fear and loneliness and confusion. But they knew how to help.

"It's time to activate your Heart Light!" Sunny's friends shouted.

It was very faint, but Sunny heard her friends' message coming from the other side of the portal.



"Activate my Heart Light?" Sunny had forgotten what that meant.

But then, from deep inside her heart came a rush of Love. She knew it was God guiding her, and she knew exactly what she had to do!



Sunny remembered that the portal where God lived was inside her Earth heart now. That was her Heart Light! And she knew just how to activate it. All she had to do was to remember it was there. It was so simple!

And with just a thought of her connection with God, and with Every Thing, Every Where, Sunny's heart opened and her Heart Light began to shine brightly. And she could hear her friends again!

"Can you hear me?" Sunny called to her friends.

"Of course we can," her friends answered. "And we can't wait to get to Earth to play the Discovery Game with you!"

"Yay! My Heart Light is working," Sunny answered back.

And at that moment, another rush of God's Love flowed from Sunny's heart. She felt God, living in her heart, always loving and supporting and guiding her.

And Sunny knew she had made the best discovery ever.



I AM HAPPY TO BE ON EARTH! HERE ARE SOME GREAT THINGS I'VE DISCOVERED SO FAR ...

4. WHAT'S THE DISCOVERY GAME?

Sunny had the best day ever! It wasn't because of the fun she had at recess, or the good grade she got on her test, or how happy she felt when she got up in the morning. It wasn't because of any of those things!

She was happy because she had discovered something wonderful about herself. And she couldn't wait to tell her friend, Spot! And just then, she saw him across the street.

"Spot!" Sunny shouted. "I'm so glad to see you! I have something to tell you! I'm so excited!"

Spot always looked forward to hearing about wonderful things that happened to his friends.

"Tell me about it, Sunny!" Spot said.

Then Sunny said, "My parents gave me some paint and paper and I painted a picture of the most beautiful flower blooming outside my window!"

"That's wonderful!" Spot said. "I would love to see it. Will you share it with me?"

Sunny continued excitedly and shared her picture with Spot. "I didn't know I could paint such a pretty picture!"



WHAT SPECIAL TALENTS HAVE YOU DISCOVERED?

Spot smiled and said, "You're having fun playing the Discovery Game!"

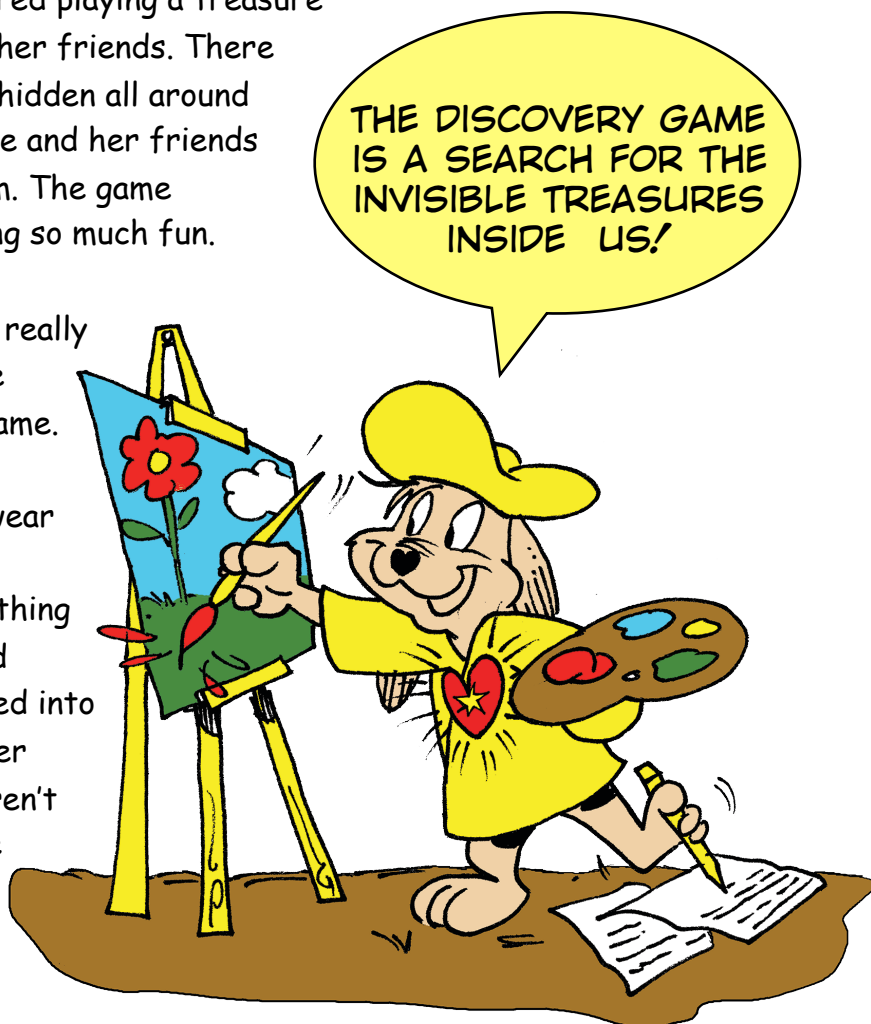
"What's the Discovery Game?" Sunny asked.

Spot said, "Before you came to play on Earth, God gave you special gifts and talents for you to discover about yourself during your adventure here."

Spot continued, "And your gifts and talents are like hidden treasures that you discover. That's part of the fun of playing here on Earth!"

Sunny remembered playing a treasure hunt game with her friends. There were treasures hidden all around the room and she and her friends had to find them. The game started out being so much fun.

But there was a really hard part to the treasure hunt game. Sunny and her friends had to wear blindfolds! They couldn't see anything around them and they even bumped into each other. After awhile, they weren't even sure where they were.



Some of Sunny's friends said that there weren't any treasures to find and the game was stupid. Then when someone finally found a treasure, instead of celebrating, they fought over it. Soon everyone forgot about finding treasures, and all the fighting made them scared.

Sunny remembered that what started out to be fun turned into a game that was scary. She and her friends felt confused and afraid.



**HAVE YOU EVER PLAYED A GAME WITH A
BLINDFOLD ON? HOW DID YOU FEEL?**

Sunny told Spot about the game she played with her friends. "I didn't like playing that game," Sunny said. "It started out fun, but I got scared."

Spot replied, "The Discovery Game on Earth can feel that way if you don't remember who you are. But when you know that you are part of God playing the game, it can be fun and exciting!"

Spot continued, "Imagine playing that game with your blindfold on, but your Best Friend Forever was whispering to you and guiding you to where all your treasures were. There were plenty of treasures for everyone, and no one had to fight over them. And everyone was happy for you when you found your treasure."

"That game would be fun!" Sunny said.

"That's the Discovery Game!" Spot said. "You have to discover the most wonderful things about yourself. The greatest things you can discover about yourself are invisible. Like the loving feelings you

have and the great ideas you have. And all the ways you feel connected to Every Thing."

"That sounds like so much fun!" Sunny said. "But how does the game end?"

"Well, Sunny, best of all, the game never ends. And your Best Friend Forever will always be there to guide you and help you find the amazing treasures inside you."

Sunny was even more excited. "I wonder what else I'll discover today!"

The two friends laughed together and looked forward to their next adventures as they played the Discovery Game.



I AM TALENTED, I HAVE GREAT IDEAS, AND I DO AWESOME THINGS! HERE ARE SOME OF THEM ...

FOR GROWN UPS

How many times have we all thought, “I wish I had known about the principles of Science of Mind when I was young!” And if you’re reading this, you are blessed with the opportunity to impart these powerful concepts to the children in your life.

The premise for the *Science of Mind for Kids* book is adapted from Ernest Holmes’ parable of the angel. In this story, an angel comes to Earth, listens to the doom and gloom that is part of the human condition, and soon becomes worried and afraid, forgetting his angelic origin. But there is an impulse within him that guides him back to the awareness of his true identity – an angel of God.



Sunny finds herself in the same predicament as Holmes’ angel – she has forgotten her true self and her unique gifts and intentions for her life on Earth. Sunny is talented and creative, but she lives in a world that can be painful and often feels sad, and she is troubled by dark Heart Clouds.



Sunny’s friend, Spot, remembers who he is – a part of God having an experience on Earth – and sets a great example for Sunny. He is the teacher who magically appears when Sunny has important questions about life.

In this book you will find Holmes’ familiar concepts translated for children using fresh terminology. For example, we refer to Holmes’ concept of the Soul or “inner Friend” as your “Best Friend Forever.”

Most of Holmes’ quotations used in this program are taken from *Living the Science of Mind*. *Science of Mind Principles for Kids* may be used as the child’s companion book to this important work.

ACTIVITIES

Each lesson is followed by a **Discovery Page** where kids can write about and draw pictures of something they have discovered about themselves and how things work in the world. Each prompt begins with an “I AM” affirmation to empower kids as they play the Discovery Game.

In the lesson guide to follow, there are ideas to get you started with the “I Am” Discovery Pages, and suggestions for a **group activity**.

The first lesson suggests the creation of a Discovery Book which can be the beginning of a lifelong journaling practice.

THERE’S MORE ONLINE!

FOR KIDS: There are more activities and ideas to explore.

FOR FAMILIES: There are ideas for families to explore with their children and suggestions for family activities.

FOR SUNDAY SCHOOL TEACHERS: There are suggestions for teaching the lesson and summary pages to download and print out for children to share with their families.

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Lesson 1

WHY ARE WE HERE?

Q: Why are we here?

A: We're here to play the Discovery Game!

In the first lesson, we meet Sunny as she gets ready to play the Discovery Game on planet Earth. It's a great game where God gives you special talents to discover and you have to find them as you play. Sunny slips through a portal into the blindfold (her Earth body) created just for her to play in, and she arrives at the perfect place and time to begin her game.

She knows that her friends will be joining her soon, but they stay behind to send her on her way. The portal between her and her friends begins to close and Sunny starts to forget who she is and why she is on Earth. Before her portal closes, her friends remind her to be sure to activate her Heart Light - the place in her heart where God lives.

Sunny activates her Heart Light and can feel God living through her. She knows that God is her Best Friend Forever and will guide her to all the wonderful adventures ahead.

FROM ERNEST HOLMES

Remembering who we really are – The Parable of the Angel (excerpts)

*A parable is told of an angel who came to visit the earth. He found himself in the usual stream of human activities and he listened to the conversations of people. For the first time he heard negative comments. Someone who was supposed to be an authority said that there might be a war and human life would be destroyed ... He began to wonder if these things might not be true, and even as he entertained the thoughts of negation to which he was listening, the brightness of his angelic presence faded into dark shadows. His form seemed to shrivel, and looking at himself he saw that he was dressed as a human being, walking the earth in fear, doubt, and uncertainty ... And yet, even in the midst of all this, something within him remembered that he was once an angel of God, living in a heaven of Beauty and a place of Peace and Joy, living in a Garden of Eden which God had provided for him. And, remembering, a determination arose within him to somehow or other find his way back to this lost paradise. This determination grew into a great hope, and as hope was renewed, a Light seemed to shine in the distance; and he seemed to have the courage to travel toward the Light. And gradually a miracle took place. As he traveled toward the Light, he found that shadows were being cast behind him, until finally he so completely entered into the Light that no shadows were cast at all, and he realized that he had been asleep, that he had had a bad dream from which he was awakening. (**Living the Science of Mind**, p.183)*

The “Discovery Game”: ... each can think of himself as playing a part in the game of life, and a good one. (**Living the Science of Mind**, p. 353)

*... man never created himself. He merely awakes to self-discovery. (**Living the Science of Mind**, p. 112)*

*...everything that we appear to be outwardly, is always the result of some hidden fire burning at the center of our being, some Divine Reality which we did not create but which we may discover. (**Living the Science of Mind**, p. 171)*

*God is both the inventor of a game and those who play it, the author and the actor, the song and the singer. (**Creative Ideas**)*

Unique talents and gifts: *God Himself has placed a unique stamp on everyone. We should not study to be alike, but rather to develop what we really are. (Living the Science of Mind, p. 172)*

There is a Divine Person back of our personality—a unique manifestation of the Living Spirit. It is never alike in any two people. This is proved by the fact that no two persons' thumb prints are alike, no two blades of grass are alike, no two anythings are identical. And yet everything is rooted in One Life, One Presence, and One Power. (Living the Science of Mind, pp. 171-172)

God speaks to the heart: *God speaks to the heart through a language of feeling, a feeling which is affirmative. (Living the Science of Mind, p. 164)*

God does speak to the heart more than to the intellect ... (Living the Science of Mind, p. 165)

The “Best Friend Forever” – The Inner Friend (excerpts)

You have a Friend within you who is closer than your shadow. This Friend anticipates your every desire, knows your every need, and governs your every act. This Friend is the God within your own soul, the animating Presence projecting your personality, which is a unique individualization of the Living Spirit. ... The Friend within you is continuously looking after your well-being. He always wishes you to be happy, to be well, to be radiant. Being the very fountain of your life, this Friend is a luminous Presence evermore emerging from pure Spirit, evermore expanding your consciousness. He is the High Counselor, the Eternal Guide. He is your intellect, the essence of its understanding, the nicety of its calculation, the appreciation of its temperament. There can be no greater unity than exists between you and this inner Friend. (Living the Science of Mind, pp. 124-125)

... we are guided and directed into right action; we should know that there is an Intelligence which goes before us and makes perfect, plain and immediate our way. (Living the Science of Mind, p. 8)

There is a guardian angel that accompanies everyone through life. It is the angel of God's presence in that person. It is his spiritual nature. (Words That Heal Today, p. 17)
Read more online: SOMforKIDS.com

ACTIVITIES

Discovery Page: I am happy to be on Earth! Here are some great things I've discovered so far.

To get you started: Think of things you love doing, people you love being with, things that make you laugh, ways you like to play, food you like to eat, music you love to hear ...

A fun thing to do:

Make a book called, “My Discovery Book.” It's a great place to hold Discovery Pages you will create as you discover new things. There is so much to discover about you and your life on Earth that you could make a new page every day! (Jump ahead to Lesson 7 to see how Spot uses his Discovery Book.)

You can buy a 3-ring binder (or be Earth-friendly and use a recycled binder) and download a cover and Discovery Pages from the website, SOMforKIDS.com.

OR

You can make your own book! You can use cardboard for the covers, punch holes to hold your paper, and bind with metal rings, twist ties, yarn, or string. You could even clip your pages together. Decorate with things you recycle from magazines and craft supplies.

Lesson 4

WHAT'S THE DISCOVERY GAME?

Q: What's the Discovery Game?

A: It's a search for the invisible treasures inside us!

Sunny is excited because she is discovering more wonderful things about herself. Spot tells her that she is playing the "Discovery Game" – the model for our experience on Earth. The goal of the Discovery Game is to remember that we are God having an adventure on Earth, and to discover the gifts and talents that make us who we are. And we play the game with our Best Friend Forever who is always guiding us to new discoveries.

FROM ERNEST HOLMES

It will help if we decide to play the game of life in a happy way. (Living the Science of Mind, p. 272)

... each can think of himself as playing a part in the game of life, and a good one. (Living the Science of Mind, p. 353)

... man never created himself. He merely awakes to self-discovery. (Living the Science of Mind, p. 112)

...everything that we appear to be outwardly, is always the result of some hidden fire burning at the center of our being, some Divine Reality which we did not create but which we may discover. (Living the Science of Mind, p. 171)

God is both the inventor of a game and those who play it, the author and the actor, the song and the singer. (Creative Ideas)

ACTIVITIES

Discovery Page: I am talented I have great ideas, and I do awesome things! Here are some of them.

EVERYONE has talents and great ideas! You might be great friend to special people in your life. You might be kind to all living things. You might have solved a problem with a great idea. You might be a good artist, or game player, or athlete, or singer. You are amazing!

A fun thing to do:

Play the Discovery Game with a blindfold on. *In this game, a friend will hold your hand and whisper in your ear as they guide you to your treasures. The treasures could be nice things that your friends have written about you on little pieces of paper that they hide around the room. Your friends have noticed the things you are good at, kind things you have done for them and for others, and lots of things they like about you.*

After you have found your treasures, you can take a turn at being a guide for your friend. The Discovery Game is fun when you have someone you trust guiding you to your treasures!