

HELLO GROWN UPS!



SUNNY

LESSON 1

Q: Why Are We Here?

A: We're Here to Play the Discovery Game!

Your child made some new friends today - Sunny and Spot! They will be teaching your child lots of important things about life here on Earth. The first lesson is adapted from Ernest Holmes parable of the angel, told in **Living the Science of Mind**.



SPOT

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 friend, Spot, will be joining her soon and they will play the Discovery Game together. 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.

THINGS TO DO

Start a Discovery Book to document all the wonderful things your child is learning while playing the Discovery Game. Go to the website for ideas!

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You can download a free pdf of **Science of Mind Principles for Kids: About God and You!** It contains 7 lessons with activities for kids and families, and quotes from Ernest Holmes! And there are more activities and things to do the Science of Mind for Kids website.

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LESSON 2

Q: What Is God?

A: God is Love. And God is Everywhere and in Everything

In this lesson, Sunny is curious about what God is. Spot explains that God is the energy of Love and God is All There Is. Spot also shows Sunny how to feel God. Sunny learns about **God Thoughts** - thoughts that Feel Good when you think them. She learns that when she feels Good, she feels God. Sunny also learns about other aspects of God.



Sunny also wants to know where things come from, and Spot teaches her about how all creation takes place - first there is a thought, and the thought mixes with God's Love Energy, and something comes into being.

Sunny realizes that everything, everywhere is part of God, and that God is All There Is. And she understands that she is connected to everything, everywhere.

THINGS TO DO

Play the "I see God" game - Take a walk and look around. Everything you see is part of God! (And everything you can't see is part of God, too!)

FROM ERNEST HOLMES

God is all there is. God is Love. Love is the motivating Power of the whole Universe. God is in everything; God is in everyone. (Living the Science of Mind, p. 403)

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LESSON 3

Q: Who Am I?

A: I'm Part of God Having an Adventure on Earth!

Sunny is curious about who she REALLY is, and Spot explains the concept of the individualization of God which some call the Soul, the "Real You," or "the Friend within you." Spot calls this part of you your Best Friend Forever and helps Sunny feel her own invisible energy.



THINGS TO DO

Feel your invisible energy - Hold your hands apart, like there is an invisible ball between them. Move your hands around the invisible ball. You will feel your own energy!

FROM ERNEST HOLMES

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.

This Friend within you is Infinite since He is a personification of God. He is not limited by previous experiences which you may have had, by present conditions, or passing situations. He has no inherited tendencies of evil, lack, or limitation. He has never been caught in the mesh of circumstance. He is at all times radiant, free, and happy.

To your intellect this invisible Friend may seem to be someone else, not your Real Self, but such is not the case. Some have believed that this Friend within you is a mediator between you and Creative Spirit. Others have believed Him to be the reincarnation or the rebirth of your previous self, while others have sincerely believed Him to be some discarnate soul. But you are not to accept such beliefs, for the Real Person within you is a direct personification of the Universal Spirit. He is your Inner, Absolute, and Perfect Self. Read more online. (Living the Science of Mind, pp. 124-125)

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LESSON 4

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.



ACTIVITIES

Keep adding to your "Discovery Journal" and notice all the things that make you special.

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)

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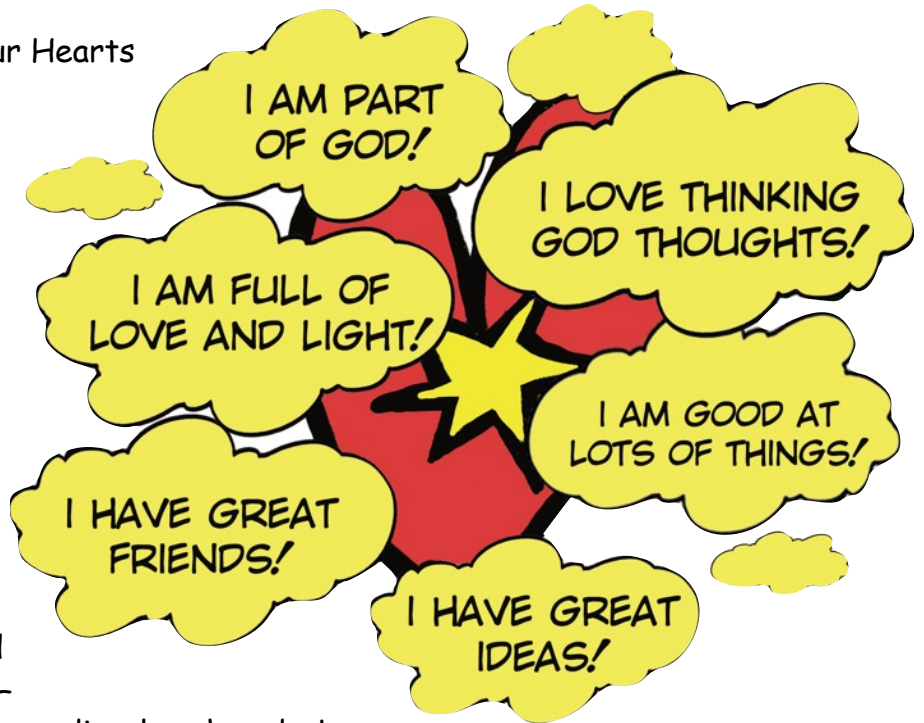
LESSON 5

Q: What are Heart Clouds?

A: Thoughts That Surround Our Hearts

Sunny had a bad day and created some dark Heart Clouds. Spot explains that dark Heart Clouds come from our imagination when we imagine things that aren't true about ourselves. They make it hard to hear our Best Friend Forever talking to us and guiding us, but there's always a way to get rid of them.

Spot explains that thinking God Thoughts - the Truth about us - dissolves dark Heart Clouds. Sunny dissolves her dark Heart Clouds by thinking God Thoughts, and she feels better.



ACTIVITIES

Make soap bubbles and pretend they are dark Heart Clouds, then pop them with God Thoughts!

FROM ERNEST HOLMES

Love dissolves fear. (Living the Science of Mind, p. 331)

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LESSON 6

Q: How Do Wishes Come True?

A: Thoughts and Feelings Create Things

At Sunny's birthday party, she couldn't blow out all the candles on her cake and was afraid her birthday wish wouldn't come true. Spot explains that the creation process has nothing to do with birthday candles. We create what we want by using our imagination and feelings together. Then we have faith that our intention will come true, sometimes in ways more wonderful than we can imagine.



ACTIVITIES

Practice making wishes - Know they are possible, Imagine them, feel like they are real, know that the feeling is on its way to you, and be ready for it!

FROM ERNEST HOLMES

First, let us begin with the thought that we are all united with an Invisible Force which is creative, and that we are already One with a Universal Mind which can do anything. Next, let us consider that we are centers within this Mind, and that the sum total of all our thoughts is either silently attracting Good to us or repelling It from us. And third, let us know that we can change our thinking and, in so doing, cause the Law of Good to act affirmatively for us instead of negatively. (Living the Science of Mind, p. 18)

While we admire the intellect, we must realize that the intellect is not the creative factor in the Universe. Rather, it is feeling that is creative. ... The real creative power of the mind is deeper than the intellect. It passes into the realm of feeling and acceptance, yet it is the intellect or the self-conscious faculties that must speak the word in order that every obstruction may be cleared away. (Living the Science of Mind, p. 164)

Feeling, organized and directed, is creation. (Living the Science of Mind, p. 311)

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LESSON 7

Q: How Can I Live a Happy Life?

A: Remember Who You Are!

Sunny notices that Spot is always happy. Spot explains that his happiness comes from remembering who he really is - a unique part of God playing the Discovery Game on Earth with his Best Friend Forever to guide him. He shares his Gratitude Journal, and Sunny learns more about the things Spot is grateful for. She appreciates his feeling of connection to all things, his acceptance of things that are different, and his dreams for the future.



ACTIVITIES

Be sure to add things you are grateful for to your Discovery Book! Include things you already have - and your wishes, too!

FROM ERNEST HOLMES

God's Will for every person is Happiness, Peace, and Joy. (Living the Science of Mind, p. 138)

No condemnation, judgment, or fear shall go from me to anyone or anything. (Living the Science of Mind, p. 275)

There should be the combination of gratitude, expectancy, and joy. There should be an enthusiastic recognition that we are in partnership with the Divine and that God and Company cannot fail. (Living the Science of Mind, p. 344)

If we disconnect ourselves from the past and find ourselves firmly rooted in God today, in Love, in hope, in joyful expectancy, and in grateful acknowledgment, and if we learn to harmonize with everything that transpires today, tomorrow will blossom like a new flower in our experience. (Living the Science of Mind, p. 193)

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