****Blue Lotus Healing Arts

**Spirituality for Children**

**(ages 8 to 14 and all ages everywhere)**

**Rev. Dr Joy Kachel**

Series I **–** The Foundation

Unit 1 – The Basics

Lesson 1 - **What is Spirituality?**

 *Spirituality* is being of spirit, not the physical. It includes holiness, goodness, innocence, devotion, *mysticism* and a love of the *Divine*. We experience this material world with our bodies. We see, hear, smell, touch and taste and we think that only these are real. But we are much more than our bodies, more than our physical senses, much more even than the material world. This *more* part of us is often called *Awareness*. It’s *Creativity, Mind,* or *Imagination,* having inner sight to see in our minds pictures and videos of things not present physically. We may also hear voices or conversations in our minds that have no cause in the physical world and we can sometimes even smell things or people that are not present. Some people even experience the sensation of tasting things that are there only in their minds. In addition, we sometimes have a “knowing” of something that has not yet happened or have a “remembering” of something that happened far beyond our physical ability to remember, such as a past life. This psychic ability is called *Clairvoyance*. But these make up only a small part of *Spirituality.*

 Remember, we are more than just the physical body. We are also personality, mind, and spirit – parts of us that we cannot reach through our physical senses, the invisible parts of us. One aspect of this is called *Intuition*, the part of us that “knows” what the physical cannot. This is also part of *Spirituality*.

##  Both *Spirituality* and *Religion* try to answer the deep, seemingly unanswerable questions like: Who am I? Why am I here on earth? What happens to us when we die? Is there a being or power that controls the world and our lives? What are the laws of the universe? What are the laws of our behavior and what duties must we perform? Both *Religion* and *Spirituality* ask these questions, but the answers can be quite different. *Religions* often deal with the literal interpretation or the exact meaning of the words of the Laws they set, known as the *Letter of the Law*. *Spirituality* usually deals with the *meaning* understood to be behind the Laws; known as the *Spirit of the Law*. One is based in fear, the other in love.

 Today a lot of people who don’t go to church or follow any particular religion often say, “I’m spiritual, not religious!” Just what do they mean by this?

It usually means that that person does not follow any *Religion’s* Laws, but may agree with the *Spirit of the Laws* of some or all *Religions*. This usually includes the idea of *God*, whatever name is used – *Great Spirit, Father, Creator, One Power, God, Goddess, Supreme Being, Source, Allah, Buddha, the Universe*, and more. We’ll discuss this concept of *God* in more depth later in Lesson 4.

 To be spiritual (or religious) suggests that the person believes that there is a power greater than their own that can and does control life and people’s lives. This *Power* is usually seen as something outside themselves. This is usually seen as a good thing and that’s why people *pray*, to ask this *Power* to do something for them. It can be for things like clothes, cars, houses, toys or money, or for favors like a better job, good grades, win the game, heal someone sick, find a new friend and more. It is mostly asking out of lack or need or desire. The spiritual person simply sees this *prayer* as “natural” a conversation with *God* that hopes this Power will hear their request and will comply if it is for their higher good. But if their expectations are not met, many people often becomes angry at this *Being* and start acting like spoiled children throwing temper tantrums, crying that *God* is not fair or denying that He even exists. Often religious people will think that *God* didn’t hear them or grant their prayers because of something they did wrong, or because they didn’t follow the *Law* and are so being punished.

 *Spirituality* is the belief that there is more to life than just what can be explained through the 5 senses or even science. *Spirituality* is a belief that our spirits are more than just the physical and belong to a Power that is greater than the physical.

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**Reflection For Deeper Understanding**

**I**. **Meditation** - *Deep Breathing*

 Sit on the floor with your legs crossed or in a chair with your feet on the floor.

Don’t cross your ankles or sit with your feet straight out. Let your hands lie quietly in your lap, palms up. Take a few deep breaths and feel the air move through your body. Continue breathing deeply until you feel your body relax. Now close your eyes and focus on the stillness inside. Let your thoughts float by when they appear. Don’t follow your thoughts, just let them go. See them drifting away like in a bubble or a balloon in the breeze.

 Breathe again with your mouth closed. Feel the air moving in and out of your nose. Use your breathing to distract you from the thoughts or pictures that come into your mind. Continue to sit quietly breathing in *comfort* to yourself and breathing out *happiness* to the world.

 Do this for 10 – 15 minutes or as long as you feel comfortable doing it. Then gently bring your attention back to your body, back to the floor or chair, back into the room, and when you feel ready, you can open your eyes.

 How do you feel right now? What did you feel during the meditation? Were you able to quiet your thoughts? What did *comfort* feel like on the in breath? What did *happiness* feel like on the out breath?

**II. Contemplate and Research** the following questions – ask yourself, your parents, other adults, your friends, look it up on the internet or find it in a book. Make sure you understand the ideas:

1. How do your parents see their beliefs – spiritual or religious (or other)?

2. Do you or your family belong to a religion? Which one? What are its main beliefs? Why do you agree or not agree with them?

3. Are you spiritual or religious? Why or why not?

4. Think about how you react if your parents say “NO!” to your request or just don’t do what you want. How do you feel? What do you think? How do you act?

5. Look up these 15 words in a dictionary:

1. Spirituality
2. Religion
3. Imagination
4. Creativity
5. Mind
6. Awareness
7. Spirit
8. Clairvoyance
9. Intuition
10. God
11. Law
12. Pray/Prayer
13. Reflection
14. Contemplate
15. Research

**III. Activities**

1. **The Characteristics of Spirituality**

Put an X in the boxes that apply to Spirituality

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|  | **Letter of****the****Law** | Spirit of**the****Law** | ***God*** | **Love** | **Sin** | **Unity** | **Spirit** | **Prayer** | **Being** | Eternity | **Creation** | **Physical** |
| **Spiritu-ality** |  | X |  |  |  |  |  |  |  |  |  |  |

**IV. Reference Materials**