

Adventures in the Light and Sound of God

Date: _____

Ages 5-7

When

Where

Program Description

Did you know the Light and Sound are ways God speaks to you? You can experience the Light and Sound for yourself. Open your inner eyes and ears and have fun exploring this awesome spiritual secret!

“You can make contact with the Voice of God, which can be seen, heard, and felt as Light and Sound.”

—Harold Klemp, *The Wonder Within You*, p. 152

Spiritual Purpose and Benefits

- Youth learn that the Light and Sound are a way that God speaks to us and are a way to experience God’s love.
- Youth learn to recognize when they experience the Light and Sound by exploring the different colors of light and the sounds of the inner planes.

Program Overview

- Pre-Session Volunteer Meeting
- Welcome Activity—God Worlds of ECK Coloring Page
- HU Song and Group Meeting
- The Sounds of God Guessing Game
- “The Sound is All Around” Sing-Along
- Hearing the HU in the Sounds Around Us
- Spiritual Exercise to Visit the God Worlds
- God Worlds Passports
- Clean Up, Sharing, and Feedback

Pre-Session Volunteer Meeting

- Introductions and HU Song
- Brief review of volunteer roles
- Safety review
- Program review
- Questions and answers


Welcome Activity– God Worlds coloring page (15 minutes)

- Group Leaders welcome youth as they arrive and introduce themselves and the activity: *We're coloring a page all about places we can visit in spiritual exercises and in our dreams, called the God Worlds. Each of the God Worlds has a name, a color of light, and a special sound.*
- *There's also a Temple you can visit on each plane and an ECK Master you can meet there too!*
- As youth color, chat with them informally about their favorite colors, sounds, and spiritual exercises. For example, *Do you have a favorite color or colors? Have you seen a light that color in your imagination or while singing HU?*
- As time allows, youth can do the I Spy Light and Sound activity sheet.

Supplies

- Sample God Worlds coloring page, one for each table
- Handout: God Worlds of ECK coloring page
- Markers (green, pink, orange, blue, purple, yellow)
- Handout: I Spy Light and Sound

Welcome, HU Song, and Group Meeting (15 minutes)

 Note to Group Leaders: Please sit with youth during the large group HU and Guidelines/Rules.

- Youth and volunteers come together in a large circle. Youth bring their God Worlds coloring pages.
- The Room Leader welcomes the youth.
- Introduce the session theme: *Did you know that God speaks to you through Light and Sound? Your coloring page shows many kinds of Light and Sound you may see and hear. We're going to talk today all about the Light and Sound of God.*
- *God has a sound. Does anyone know what it is?* (Pause to listen to youth's answers.)
- *Yes, HU is the God sound! Singing HU helps you feel God's love, see the Light, and hear the Sound. In a second we'll try it. While we sing HU, you can close your eyes and use your imagination to see whatever color light you want. Then you can listen quietly in your imagination for a sound.*
- Lead the group in a HU song.
- Invite youth to share their experience with the spiritual exercise, if they wish. If many youth want to share or have questions, have youth do so in small groups with Group Leaders (while still sitting together on the floor).

Ground Rules

- The Room Leader invites youth to participate in creating guidelines for behavior in the youth room that show love and respect for others.
- Write the guidelines on a flip chart or white board to refer to later as needed.
- *Like following the rules in a game, when everyone plays by the agreed upon rules, the game is a lot more fun!*

The Sounds of God Guessing Game (25 minutes)

- The Activity Leader Introduces the activity: *We did a spiritual exercise to listen for an inner sound with our inner ears. Using our inner ears or outer ears are both ways to listen for the Sound of God. If a sound opens your heart and gives you a warm feeling of love, it is a way that God is speaking to you.*
- *What kinds of Sounds of God are on your God Worlds coloring page?* (Listen to and validate youth's answers.) *These sounds are all ways that you can hear and feel God's love.*
- Have youth put their God Worlds coloring page on the floor, face down.
- Show the first PowerPoint slide for the guessing game. *We're going to play a game called The Sounds of God Guessing Game.*
- The Activity Leader advances to the next PowerPoint slide and plays the recording by hovering over the sound icon (◀) and then clicking on the play button (▶).
- *What sound do you think this is?* Youth call out their guess. If they need help, they can look at their God Worlds coloring page.
- The Activity Leader advances to the next PowerPoint slide with a picture of the sound. *Has anyone heard this sound before? Was it the same or different than the sound in the game?*
- Repeat these steps with the rest of the sounds in the game.
- *One of the sounds was missing from our game. Can you find it on your coloring page?*
- *Yes, it is the humming sound. Has anyone heard this sound before? What is it like?* (Pause to listen to and validate youth's answers.)
- *If you hear a sound like the ones in the game during a spiritual exercise or in a dream, or even when you are going through your day doing other things, you are hearing God speak to you!*

Supplies

- PowerPoint slides for the guessing game
- Handout: God Worlds coloring page

"The Sound is All Around" Sing-Along (20 minutes)

- The Activity Leader introduces the activity: *We're going to do a fun activity with a song called "The Sound is All Around." It's about the many ways we can hear the Sound of God.*
- The Activity Leader introduces the musician, who will play guitar and sing "The Sound is All Around" with youth. (As a backup plan, the Activity Leader can use the music CD).
- *The song we will sing has many animals in it and you can wear an animal hat or mask as we sing along.*
- Youth can choose an animal hat or mask to wear.
- Invite youth to take turns making animal sounds: *What sound does your animal make?*
- *As the musician sings the song we can follow the instructions in it. When the song says, "The Sound is all around," you can turn in a circle. You can also clap, stomp, and make the animal noises in the song.*
- The musician plays and sings the song as youth sing and dance along. If time allows, repeat the song for youth to sing and dance along a second time.

Supplies

- CD player
- CD – Cindy Angell Keeling "The Sound is All Around"
- Animal hats/masks (bird, dog, sheep, frog, etc.)

Hearing the HU in the Sounds Around Us (15 minutes)

- The Activity Leader explains that each of us is Soul, a spark of God.
- *Did you know that Soul is made of Light and Sound? Just as we are all different and special as Soul, we all sound different, too!*
- *You can share the sound of your voice with everyone, if you like.*
Invite youth to take turns singing HU individually or in pairs in front of the group.
- *We just listened to each other singing HU. If you listen carefully, with a little help from your imagination, you can hear the HU in other sounds.*
- *We're going to take turns playing instruments and listen for the HU inside the sounds we hear.*
- Have groups of youth take turns playing one of the types of instruments, while everyone listens for the HU inside the sound.
- *Which instruments are your favorite?*

Supplies

- Various instruments, such as shakers, tambourines, maracas, boomwackers, etc.

Spiritual Exercise to Visit the God Worlds (10 minutes)

- The Activity Leader introduces the MAHANTA: *In ECK we have a special inner teacher called the MAHANTA. Another name for the MAHANTA is the Light Giver. He helps us experience the Light and Sound of God.*
- *Does anyone know what color of light means the MAHANTA is near? (Pause for youth to answer.) Right! A blue light. You might also see a blue star.*
- *So, when you do a spiritual exercise you may see the MAHANTA, you may see the Blue Light, or you may not see anything but instead just feel the presence of the MAHANTA. You will experience whatever is right for you and these are all wonderful experiences to have.*
- *Let's try an easy spiritual exercise adventure to invite the MAHANTA to take us to one of the God Worlds.*
- Invite youth to sit or lie down so they can get comfortable. Lead them in this spiritual exercise:

Imagine you are in a temple and the MAHANTA is holding open the door of a special elevator. He invites you to enter. He wants to show you something in the God Worlds.

"The elevator doors close and you begin to go up. The inside of the elevator becomes larger and you can feel the whoosh as it goes faster. Your body sparkles with Light and Sound. Then the elevator door opens.

Soul—that's you!—wants to explore! You can step out and go on an adventure."

—Adapted from *The Wonder Within You*, p. 118, by Harold Klemp

- Invite youth to share what they experienced: *Did anyone see the Light or hear the Sound? When we keep practicing by doing our spiritual exercises, it can get easier and easier to see and hear the Light and Sound!*

God Worlds Passports (40 minutes)

- The Activity Leader asks, *Is anyone here today from another country or has anyone visited another country?* (Listen to youth's answers.)
- Show youth a sample God Worlds passport. *When we visit another country we have a special small book called a passport, and we show it when we get to the new place. It has your name and where you are from in it. You show it in the new country and they put a stamp in it.*
- *This is a God Worlds passport. It's a fun way to imagine visiting the God Worlds! You can put your name and where you are from in it.*
- Let them know that after they decorate their passport, they'll get a chance to imagine visiting the inner planes.
- Youth go to tables. Group Leaders give them passports and youth write their names and where they are from in them. Youth can look at their seminar badges for help with spelling.
- Youth can draw a picture of themselves in the box with the outline of a person. They can write or draw their favorite color and sound. Group Leaders help with spelling. As time allows, they can use markers and stickers to decorate their passports.
- Group Leaders go to the stations for the God Worlds, while youth take turns to draw God Worlds cards from a bag, to visit a plane.
- Have youth "visit" the inner plane on their card by going to the matching poster in the room and following these steps:
 - The Group Leader for that plane welcomes youth.
 - Youth put on the glasses with cellophane that is the color of light for that plane. The Group Leader explains that youth may see that color of Light when visiting this plane.
 - Youth open their passport to the page for that plane.
 - The Group Leader gives youth a picture of the Sound for that plane to glue into their passport.
 - The Group Leader also gives youth a dot marker that matches the color of light for that plane, for them to stamp their passport.
- Youth can draw more cards and visit each plane, as time allows. If they draw a plane they already visited, they put the card back and draw another card.
- If anyone finishes early, they can decorate their passport using markers and stickers.
- The Activity Leader wraps up the activity: *You don't need a passport to visit the real God Worlds. You can use your imagination and ask the MAHANTA to take you on an inner adventure, any time you'd like!*

Supplies

- Completed sample of God Worlds passport
- God Worlds passports
- Markers
- God Worlds cards for each plane, in a bag
- A poster for these planes: Astral, Causal, Mental, Etheric, and Soul, (with name of plane, pictures of the Temple and ECK Master) hung up around the room
- Plastic glasses with cellophane covering the lenses (green, pink, orange, blue, and yellow)
- Small pictures of sounds for each plane
- Glue sticks
- Washable dot markers (green, pink, orange, blue, and yellow)
- Stickers

Clean Up, Sharing, and Feedback (15 minutes)

- Youth help clean up the room.
- Youth sit in a large group.
- Room Leader invites youth to share whatever they'd like to about their experience that afternoon.

- Room Leader asks for feedback on the activities they did that day, and ideas of what else the youth might want to do in future programs.

? Questions to ask can include but aren't limited to:

1. What did you like doing today?
2. What could make it even better?
3. What kinds of activities would be fun?
4. What spiritual things would you like to learn about?