

Adventures in the Light and Sound of God

Date: _____

Ages 8-10

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!

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 have fun exploring many of the ways they can experience the Light and Sound and the benefits of doing so, including more love, joy, and inner guidance.

Program Overview

- Pre-Session Volunteer Meeting
- Welcome Activity – Light and Sound Rain Sticks
- HU Song and Group Meeting
- Choose a Spiritual Exercise Adventure
- Collaborative Song about the Light and Sound
- Craft: Light and Sound Mobiles
- Backup Activity (use as needed): ECK Sound Current Charades
- 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 – Light and Sound Rain Sticks

(20 minutes)

- Group Leaders welcome youth as they arrive and introduce the activity: *We're making Light and Sound rain sticks that show ways we can see and hear the Light and Sound of God. The Light and Sound are a way we can experience God's love.*
- Show youth the sample rain stick. Give youth a copy of the handout: How to Make a Light and Sound Rain Stick.
- Youth follow these steps to put together their rain stick:
 1. Fold a sheet of foil into a narrow rectangle. Use your hands to scrunch or squeeze the rectangle.
 2. Wrap the foil around a pencil (see photo).
 3. Slide the foil off the pencil. Pull on both ends of the foil to stretch it and make it longer.
 4. Take a second sheet of foil and repeat step 1, above.
 5. Wrap the foil around a marker.
 6. Repeat step 3, above.
 7. Put both pieces of foil in the rain stick.
 8. Use the funnel to put 2 scoops uncooked rice in the rain stick.
 9. Use the scoop to put 1 scoop of dried beans in the rain stick.
 10. Put a lid on the rain stick.
- As time allows, youth decorate their rain stick with markers, washi tape, and by coloring and gluing on images of the Sounds of the God worlds, from the handout.
- As youth work, Group Leaders engage them in sharing their answers to the questions on the handout:
 - Have you heard these sounds before? Did you hear them with your inner or outer ears?
 - What colors or kinds of Light have you seen with your inner eyes (for example, a star, globe, or flash?) What kind do you want to see?




Supplies

- Sample rain stick
- Handout: How to Make a Light and Sound Rain Stick
- Cardboard mailing tubes with lids
- Funnels, one for each table
- Cups or scoops, two for each table
- Aluminum foil, 2 sheets per youth
- Uncooked rice, in a bag with a scoop
- Dry beans, in a bag, with a scoop
- Markers, colored pencils
- Handout: Cutouts for Light and Sound Rain Sticks
- Glue
- Washi/craft tape



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.
- The Room Leader welcomes the youth.
- Introduce the session theme: *You probably guessed from the welcome activity that today we are talking about the Light and Sound of God. Together, the Light and Sound are the Voice of God, speaking to you.*
- *We are going to have fun exploring how to open our inner eyes and ears so that you can experience the Light and Sound for yourself, in your own way.*

- Explain what the HU is and how it can help us open our inner eyes and ears to the Light and Sound.
- Lead the group in a HU song. Invite them to look for light and listen for any sounds they may see and hear, while they sing *HU*.

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!*

Choose a Spiritual Exercise Adventure (15 minutes)

- The Activity Leader introduces the activity: *There are many cool things that can happen when you experience the Light and Sound of God, like having more love, joy, or inner peace, receiving spiritual help, and having spiritual adventures.*
- *The way to experience the Light and Sound more often is by doing spiritual exercises. You can do a spiritual exercise for any reason that is interesting to you.*
- *Today we have five spiritual exercises that you can choose from. All of them let you work with the Light and Sound of God.*
- Give youth a brief description of the five exercises to choose from:
 - If you would like to take a Soul journey to the God worlds, you may like “A Golden Elevator.”
 - If you would like an exercise that brings blessings, strength, and love, you may like “A Diamond’s Reflection.”
 - If you would like to experience yourself as Soul as a body of light, you may like, “The Eternal Nature of Soul.”
 - If you would like to have an experience with the ECK, the Light and Sound, as Living Water, you might like “Your Cup of Living Water.”
 - If you would like help with a challenge or limitation in your life, or with a situation that feels stuck, you may like “Beyond Limitations.”

Supplies

- A sign for each spiritual exercise, placed in the center of five tables
- Handout for Group Leader: A Golden Elevator
- Handout for Group Leader: A Diamond’s Reflection
- Handout for Group Leader: The Eternal Nature of Soul
- Handout for Group Leader: Your Cup of Living Water
- Handout for Group Leader: Beyond Limitations

- Youth choose an exercise by going to sit at the table that has a sign for that exercise.
- Group Leaders at each table lead youth in trying the exercise, allowing youth time to have their own experience.
- Group Leaders invite youth to share what happened when they tried the exercise, if they wish to share.
- The Activity Leader wraps up the activity: *You can keep working with these exercises on your own at home. Spiritual exercises take practice, and many people need a quiet space on their own to help them focus. The more types of spiritual exercises you try, the more you will see what kind works best for you. You can experiment, change them, and even make up your own!*

Collaborative Song about the Light and Sound of God

(25 minutes)

- Youth bring their rain sticks and sit together as a large group.
- The Activity Leader introduces the activity: *We're going to create a song all about experiences with the Light and Sound of God. I'll teach you the song first, and then you get to take turns adding experiences with the Light and Sound to the song.*
- The Activity Leader teaches youth the song.
- *Now it's your turn to add to the song. We'll sing together and when we pause, raise your hand if you want to add to the song.*
- The Activity Leader leads youth in singing the song, pausing for youth to take turns adding to the song. A Group Leader writes each idea on flip chart paper.
- Go on until several youth have added to the song, and then continue as time allows.
- Sing the song together with the experiences youth chose, while youth play their rain sticks.

Supplies

- Rain sticks
- Song lyrics
- (optional) a guitar, to be played by a volunteer musician
- Flip chart paper and markers

Break – Get a drink of water, use restroom, chat with each other, etc. (10 minutes)

Craft—Light and Sound Mobiles (50 minutes)

- Youth sit in a large group.
- The Activity Leader introduces the activity: *We're going to make mobiles that remind us of the Light and Sound, God's love in action. You can hang yours up at home or give it to someone as a gift.*
- Show youth the sample mobile.
- *When light shines through the beads and the prism, it will create different colors of light, like rainbows made by the prism. If you hang it up in a place with a breeze or gently move it, the metal washers will make a nice ringing sound.*
- *You can choose a phrase about the Light and Sound or a blue MAHANTA star to add to the middle of your mobile, in a little hanging frame.*
- Youth move to sit at tables.
- Group Leaders give each youth a mobile kit and the handout: How to Make a Mobile. Group Leaders and youth help each other with tying the string as needed.
- Youth follow these steps to make a mobile:
 - Tie the ribbon on both ends of the 6-inch wooden dowel rod for hanging up the mobile at home.
 - Tie three lengths of string onto the wooden rod, an equal distance apart.
 - Add beads to right and left lines and knot the string two times to secure the beads, leaving extra string after the beads.
 - Use the extra string after the beads to tie on a washer on the right and left sides. Knot the string two times. If trimming, leave at least 2 inches of string, or it will come loose easily in the future.



Supplies

- Sample mobile
- Mobile kits with:
 - 6-inch wooden dowel rods or sticks
 - Ribbon
 - String
 - Beads
 - Brass or colorful metal washers
 - Frame-shaped pendants
- Scissors
- Handout: Phrases about the Light and Sound
- Glue

- On the middle string, add a few beads an inch or two down the string and tie a knot.
- Next, tie on the frame-shaped pendant (knot it two times).
- Choose either a phrase about the Light and Sound or a MAHANTA star to cut out and glue in the frame.

Backup Activity: ECK Sound Current Charades (use as needed for youth who finish their mobile early)

- The Activity Leader introduces the activity: *We are going to play a game of Charades that is all about the ECK Sound Current. The Sound Current can be heard in any outer sound, as well as inner sounds. You might recognize these sounds everyday around you.*
- *Does anyone have an example to share of what these sounds could be?*
- The Activity Leader shares the following quote:

“The ECK Sound Current...can be heard within outer sounds like the humming of a refrigerator or air conditioner. It is in the sound of the wind in the leaves, falling rain, thunder of jets, singing birds, and the awful rumble of a tornado. Again, Its sound can be heard in laughter, weeping, the din of city traffic, ocean waves, and the quiet rippling of a mountain stream. It can also be heard as an inner sound.”

—Harold Klemp, *The Wonder Within You*, p. 157

- *Let’s see which of these sounds come up in our game of Charades!*
- The Activity Leader demonstrates how to play:
 - Choose a card from the bag. Each card has a sound written on it. Don’t show anyone else the card you chose.
 - Act out that sound to everyone else, only using actions. Youth guess what sound is being acted out.
- Explain that youth shouldn’t use words or noises, point at an object, or mouth the word silently.
- Show youth these hand gestures to use during the game:
 - *You can hold up fingers to show how many words are written on the card. For example, hold up two fingers for the phrase “bird singing.” Everyone guessing can then say, “two words,” to show they understand.*
 - *Then, to show which word in the phrase you are acting out, hold up one finger for the first word or two fingers for the second word.*
 - Demonstrate taking a card, holding up two fingers, followed by holding up two fingers again. Youth should respond by saying, “Two words,” and then “Second word.”
 - *To act out a word that sounds like or rhymes with your word, tap your ear, and then act it out. When you tap your ear, everyone should respond by saying, “Sounds like...”*
 - *For example, if the word on your card is “Soul”, you can try acting out a word that rhymes with it. Demonstrate by tapping your ear, youth should respond by saying, “Sounds like...” and then act out the word “roll” by rolling your arms forward.*
 - Point at the youth who guessed correctly. *You can point at someone who says the correct rhyming word to show they got it right.*

Supplies

- ECK Sound Current Charades word cards in a bag
- A timer (can use the Activity Leader’s cell phone)

- Youth play the game. The first youth to guess the Sound that is being acted out takes the next turn to choose a card and act it out.

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?