

Create a Brighter World

Family Workshop: 1 ½ hour

[Click or tap here to enter a time.](#)

[Click or tap here to enter a location.](#)

Facilitators: [Click or tap here to enter text.](#)



Program description: *Bring even more light and love into your family life! Create a fun spiritual adventure together and discover engaging ways to practice gratitude and service as a family.*

Spiritual purpose and benefits:

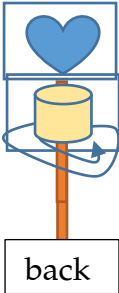
- Families have fun exploring ideas for spiritually rewarding and heart-opening family traditions.
- Parents get inspiration for fun spiritual exercises to teach to their children.

Supplies Needed:

- Pens, pencils, markers, colored pencils
- ECK coloring sheets
- Handout: Strawberries, Lemons, and Flowers
- Handout: Special Message Signs
- Blank 3x5 inch index cards in various colors
- Washi/craft tape in various colors
- Scissors
- Heart and Temple Cards, printed on cardstock and cut apart
- Glue sticks and tape
- 8 or 12 inch dowel rods (rounded craft sticks)
- Handout: Acts of Kindness Charades

Time		Facilitator
To do as families arrive and for 6 minutes after the workshop starts	Welcome Activity—Strawberries, Lemons, and Flowers (slide 1) Welcome families as they arrive and invite them to find the handout: Strawberries, Lemons, and Flowers on their tables. Let attendees know: <i>You can do the activity with your family about your day yesterday.</i> In the handout, families are invited to share: • Strawberry—the sweetest and best part of your day • Lemon—a hard part of your day that was a little sour • Cauliflower—what you learned from your lemon. This is the spiritual nutrition of your experience! • Flower—something you did for someone else. For families who arrive early, children may also color ECK coloring sheets, now and throughout the workshop, as they like.	
3 minutes	Introductions, Workshop Overview (Slide 1) Facilitators introduce themselves. Briefly share an overview of the workshop: <i>Today we'll share easy and fun ideas for adding even more love and light to your family life together. We'll make crafts, use our imaginations, and play a game to explore family-friendly spiritual tools together.</i> (Slide 2) <i>You can find the Strawberries, Lemons, and Flowers handout from the welcome activity on the ECK parenting website at ECKparents.org!</i> <i>As it says on the handout, this is a fun family tradition to do during a meal or at bedtime. It really does help everyone see more of the gifts in daily life. If you know that you will be sharing a lesson you are learning or something you are grateful for later with your family, you may think about your day in a more positive way as you experience it.</i>	
13 minutes	Craft: Special Message Signs Give an overview of the craft: <i>Thoughts are real things. They have a real effect on how you experience life. That means that you can do a simple spiritual exercise to practice thinking thoughts that make your day brighter and full of love.</i>	

	(Slide 3) <i>We're going to do another simple and fun activity to help us think in a way that makes life brighter. (Point out the photo of the activity sample on the slide).</i> One facilitator shares a personal example of doing this activity at home. Activity: Make a small sign with a special message you want to put attention on. Then you display the sign at home in a place you see every day, like a bathroom mirror. When you see it, you can say the phrase out loud to yourself, or parent and child can say it together. (Slide 3) Share a few of the example phrases for the sign: • I am a star of God. I exist because God loves me. • I see the MAHANTA in everyone I meet. • My body is a sacred temple for Soul. A facilitator then shares with attendees: <i>The second example is about the MAHANTA, who is an inner spiritual teacher. On the outer, we call him the Living ECK Master. He gives talks and writes books. On the inner, he can be with each of us and help us in our dreams and spiritual exercises. When you see the MAHANTA in other people, you are seeing love. You are seeing them as Soul.</i> Attendees make their own signs with a special message to display at home. They can choose a phrase from the handout to color with colored pencils, then cut it out and glue it on a card, or they can write their own idea on a card. They can put craft tape above and below the phrase to create a frame. If the craft tape doesn't stick, they can use tape to secure it to the back of their card. Facilitators remind attendees: <i>Putting attention on the special message on your sign every day can help you go to the temple in your heart. The temple in your heart is the place where you get to know the most secret, most special part of yourself as Soul. There's so much love there!</i>	
20 minutes	Craft: The Temple Within Your Heart Hold up the sample craft with a picture of a heart on one side and a Temple on the other. Put the stick between your palms and move one hand forward to quickly spin the stick. Ask attendees: <i>What happens when I spin the pictures? (We see the Temple inside the heart.)</i>	

	<i>Do you ever talk to God or the MAHANTA when you are alone? That is a way to go to the temple in your heart.</i> <i>Let's take a moment to feel the love you have for your family. Think about someone in your family, maybe your mom, your dad, your brother or sister, or a pet, or think about everyone in your family all at once.</i> <i>The place where you feel that love is the temple in your heart.</i> (Slide 4) Attendees make a "Temple Within Your Heart" craft by following these steps: 1. Choose a heart card and temple card to color and decorate. There are four temple cards to choose from. 2. Let attendees know: <i>You can choose a picture of an actual temple, or you can choose the HU or a MAHANTA star. You can also draw your own idea.</i> 3. Tape the two cards together, back-to-back, with the stick between them. 4. Have fun spinning your craft.	
15 minutes	Create Your Own Soul Travel Adventure Introduce the next segment: <i>Going to the temple within your heart is an amazing way to bring more love and light into your life. Another fun and exciting way to go within is to create your own Soul Travel adventure.</i> <i>Your true self is Soul, a star of God. As Soul you can travel in the God Worlds. We call this Soul Travel. Soul Travel can be a visit to the God Worlds. Soul Travel can also be anything that helps you grow closer to God.</i> (Slide 5) <i>You can start planning your own Soul Travel adventure to be just what you like. We have some questions to help you. Parents, you can ask your children these questions and everyone can share their answers with their family.</i> • You're going to imagine going on an inner journey with the MAHANTA. Do you want anyone else to come too? Your parent? Your pet? • Where do you want to go with the MAHANTA? A sunny meadow? A beach by the ocean? A mountaintop? The desert? A Temple of Golden Wisdom? Somewhere else? • How will you travel? A train? A hot-air balloon? A spaceship? On a cloud? Or will you simply climb some stairs or walk along a city street?	

	What would you like to do when you arrive? Visit a museum, library, or planetarium? Or ask the MAHANTA to show you something new? — Adapted from <i>The Wonder Within You</i>, by Harold Klemp, p. 235-236 Introduce the HU: <i>Now that you've decided what you'd like to do, we are almost ready to go on our Soul Travel adventure. First we are going to sing a special spiritual word to open our hearts to more love. Does anyone have a guess about what this special word is?</i> <i>That's right. It's HU!</i> Lead everyone in a short HU Song. Then invite them to close their eyes and try the Soul Travel adventure they planned. Give them a few moments to have their experience. Invite attendees to share their experience with their family, if they wish. Ask attendees: <i>What happened?</i> <i>This is a wonderful exercise to try at bedtime, and you can have a new adventure every time you try it. Doing a spiritual exercise like this helps you experience the Light and Sound of God, which is how God speaks to us. Experiencing more inner Light makes your world out here brighter too!</i>	
15 minutes	Game: Acts of Kindness Charades Introduce charades: <i>We have one more fun idea to share today to help you bring even more love and light into your family life together. This idea is about giving love to other people, including your family. We are here to learn to give and receive divine love. Doing that makes life more joyful.</i> <i>Our last activity today is a game called "Acts of Kindness Charades."</i> (slide 6) <i>The first step in the game is to think about some ways you can give love to your family and share those ideas with your family. We'll use these ideas in the game. Attendees share their idea for giving love with their family.</i> Large Group Call-Out: Invite attendees to call out a few ideas they came up with.	

	Ask everyone to look at the charades handout. Let attendees know: <i>These are all ideas for acts of kindness that we can do.</i> Read each act of kindness on the handout aloud. Then invite everyone to write one of their own ideas in the blank space on the handout. Parents can help their children write their ideas. Facilitator demonstrates how to play the game by choosing one idea from the handout, acting it out, and letting everyone guess which one they are acting out. Play Acts of Kindness Charades Then, families can use their copies of the handout to take turns playing charades, together. They can play with their family or their whole table, if they wish.	
4 minutes	Wrap up, evaluation forms Share this in closing: <i>Today we tried a lot of spiritual tools:</i> • <i>Gratitude</i> • <i>Thinking about and sharing the lessons we are learning each day</i> • <i>Saying a special message to yourself each morning</i> • <i>Going to the temple in your heart by thinking of someone you love</i> • <i>Planning and going on a Soul Travel Adventure</i> • <i>Doing acts of kindness for each other</i> <i>We hope you had fun and got some new ideas to create a brighter world in your family!</i> (Slide 7) <i>Thank you so much for filling out feedback forms. They help create future family workshops.</i>	