## Youth Program (1 hour) The Temple within Your Heart



Event Date:	Supplies Needed
	For Welcome Activity:
Time:	Name tags
	Markers
Where:	A few ECK activity sheets
	For Temple within Your Heart Craft:
Ages: 5-11	Markers
Large Group Facilitator:	<ul> <li>Heart and Temple cards (see template provided)</li> </ul>
	<ul> <li>Dowel sticks or straw</li> </ul>
Small Crown Facilitators	• Tape
Small Group Facilitators:	• Glue
	For Going to the Temple within Activity:
	<ul> <li>Posters with pictures of experiences in the</li> </ul>
	Temple of your heart
	• Numbered cards (in a bag)

## Spiritual Purpose and Benefits:

Youth have fun sharing and trying new ways to go to the Temple within the heart, including working with gratitude, singing *HU*, and practicing the presence of the MAHANTA.

## Set Up Notes:

- Make a sample "Temple within Your Heart" craft. (Instructions are with the activity materials).
- For the "Going to the Temple Within" activity:
  - Print the 8 ½ X 11 inch posters of images, and cover each of them with a numbered paper using staples at the top of the poster.
  - Place the numbered posters around the room in random order before the program.
  - Print and cut the number cards. Put the number cards in a bag.
- Place name tags and ECK activity sheets on a table with markers. Place other materials to the side.

Time	Activity Steps	Notes
5-15	Welcome Activity	
minutes,	1. Small Group Facilitators: Greet children and invite	
depending	them to choose a seat at the table and decorate a name	
on what	tag.	
time	2. Children choose an activity sheet as time allows.	
children		
arrive		
5 minutes	Welcome and Introduction of Today's Theme	
	1. <b>Large Group Facilitator:</b> invite children to sit together in a large group area.	Slide 1
	2. Today we're talking about the Temple within your heart.	
	Have you heard of this before?	
	<i>3.</i> The Temple in your heart is the place where you get to know the most secret, most special part of yourself. There's so much love there.	
	<ul><li>4. Today were going to have fun exploring how to go to the Temple of the heart and what happens there.</li></ul>	
	5. Read the quote from the PowerPoint slide. <i>Here is what</i>	Slide 2
	Sri Harold says about the Temple inside you:	Since 2
	"There are a lot of holy temples out here, but the	
	most sacred of all is the temple inside you, because	
	this is where you meet withGod."	
	Sri Harold Klemp, Spiritual Experiences Guidebook, p. 5	
	6. Lead HU song and brief contemplation. Let's start our	
	fun today by singing HU to open our hearts wide! As you	
	sing, you can go within yourself and look for the	
	MAHANTA, look for love.	
6 minutes	Introduction to Temple within Your Heart Craft	
	1. Show youth the sample craft with a picture of a heart	
	on one side and a Temple on the other. Quickly spin	
	the stick with the pictures on them, by putting the	
	stick between your palms and moving one hand	
	forward. What happens when I spin the pictures? (We see	
	the Temple inside the heart.)	
	2. Do you ever talk to God or the Master when you're alone?	front back
	That's a way to go to the Temple in your heart.	
	3. Do you love your family and pets? Where do you feel that	
	4. That love is in the Temple in your heart. How else can we	
	go to the Temple in our heart?	
	5. Spin the stick one more time while youth consider	
	their answers. Validate their answers.	

	<ol> <li>Volunteers can build on youth's answers. Other possible answers are to imagine the MAHANTA near you, sing <i>HU</i>, think of someone you love, try a favorite spiritual exercise, or do something loving for another person.</li> <li>One way to go into your heart is gratitude. Share a simple way you feel gratitude.</li> <li>Think of three things or people that fill up your heart with lots of love and gratitude. Invite youth to share their ideas with a neighbor.</li> <li>We just did a spiritual exercise!</li> </ol>	
15 minutes	<ul> <li>Craft – Temple within Your Heart <ol> <li>Youth and volunteers move to the work table. Youth each choose a heart card and a Temple picture card to color and decorate.</li> <li>Small group leaders help youth get materials and assemble their crafts by taping the two pictures together, back to back, with the stick between them. Chat with youth about what opens their heart and their favorite spiritual exercises.</li> <li>Everyone spins their Temple crafts.</li> </ol></li></ul>	The craft has 4 pictures for youth to choose from: Temple, roof, MAHANTA star, HU, or Wah Z
25	Activity – Going to the Temple Within	See the set up notes
minutes	<ol> <li>Large group leader: We're going to discover more about the Temple within our hearts by playing a game.</li> <li>The quote today says the Temple within is where we meet God. God communicates to us with Light and Sound. What kinds of light have you seen with your inner eyes? What kinds of inner sounds have you heard?</li> <li>We'll show you how to play the game and have adventures in the Temple in your heart.</li> <li>All these posters with numbers around the room have hidden pictures of things you may experience in the Temple in your heart. In the game, you'll discover what is under the numbers.</li> <li>Have you ever played the hot and cold game to find something? This game is similar.</li> <li>The large group leader and a small group leader demonstrate how to play:         <ul> <li>The large group leader (person 1) closes their eyes or looks away.</li> <li>A small group leader (person 2) selects a numbered card from a bag. Person 2 finds the poster with the matching number, which has been placed somewhere in the room,</li> </ul> </li> </ol>	to prepare for this activity before the program starts.

	without revealing the number or poster
	location to person 1.
	c. Person 1: I am imagining that Wah Z is
	walking with me and showing me how to go to
	the Temple in my heart.
	d. Person 2: <i>I am a special co-worker with Wah Z today</i> .
	e. Person 1 opens their eyes, makes a guess
	about which poster they are looking for, and
	begins to walk towards it.
	f. Person 2 gives hints to person 1 to help
	them find it, similar to the hot and cold
	game children often play. Say "warmer"
	when person 1 gets closer and "colder"
	when the person is going away from the
	poster. When person 1 is very close, say
	"You're getting hot!"
	g. Person 2 tells person 1 when they arrive at
	the correct picture. They flip up the number
	on the poster to see the picture underneath.
	h. Both people take a moment to close their
	eyes and imagine going within to see and
	hear what is in the picture. What do you
	see? Hear? What happens?
	<ul><li>i. Tell your partner about your experience.</li><li>j. Partners trade roles and play again.</li></ul>
	7. Pair children up. If there is an odd number of
	youth, one group can have three children. Two of
	the children help give directions. Or, a volunteer
	can play the game.
	8. Small group leaders help as needed. They clarify
	the directions children give each other, give hints,
	and chat with youth about their inner experiences.
	9. Pairs switch roles and play again.
5 minutes	Closing
	<b>1.</b> Youth and volunteers sit in the large group area.
	2. Large Group Facilitator: Do you have any questions or
	things you wonder about the Temple in your heart? Is there
	anything else you would like to share from today's
	program?
	3. Lead a closing HU song.
	4. Have youth help clean up the room.