



## The Power of Will

**With gratitude, I feel The Power of Order moving the intelligence of the Universe through me.**

**ENTERING THE QUIET SPACE:** When you are ready commune with the spirit within, how do you create this "quiet space"? Is it through silence, meditating, prayer, listening to a spiritual teacher, going for a walk in nature? How frequently do you practice listening? What are the benefits you experience as a result?

**Unity's Third Principal:** Our thoughts have creative power to influence events and determine our experiences. Through affirmative prayer and meditation, I connect with God and bring out the good in my life.

A positive life is achieved through regular prayer and meditation, releasing negative thoughts and beliefs, affirming the good, and endeavoring to make every thought, word, and action live up to the Christ standard. It doesn't mean that we are 100% successful at this, just that we are working on ourselves to the best of our understanding and ability.

Meditation helps us switch off distractions — whether that's something stressful externally, like a thunderstorm, or busy thoughts racing through our minds — and stay focused on the present moment. As a parent, it can be challenging to imagine your child sitting still and focusing on a guided meditation. You'll be pleased to know that children can actually be great at meditation! We sometimes forget how willing and receptive kids are to new experiences. Their curious minds tend to embrace new things.



UNITY THIRD PRINCIPAL

THOUGHTS  
HELD IN MIND

WE ARE CO-CREATORS WITH GOD



### A Little Calm Spot - A Story About Yoga and Feeling Focused— <https://www.youtube.com/watch?v=4Dyl2Nv1AvE>

Sometimes when your emotions get TOO Big it's hard to stay CALM and FOCUSED. A little Calm SPOT is a story about how using breathing, movement and mindset can help overcome some the biggest emotions. This book is full of fun illustrations that will inspire children to try belly breathing and yoga!

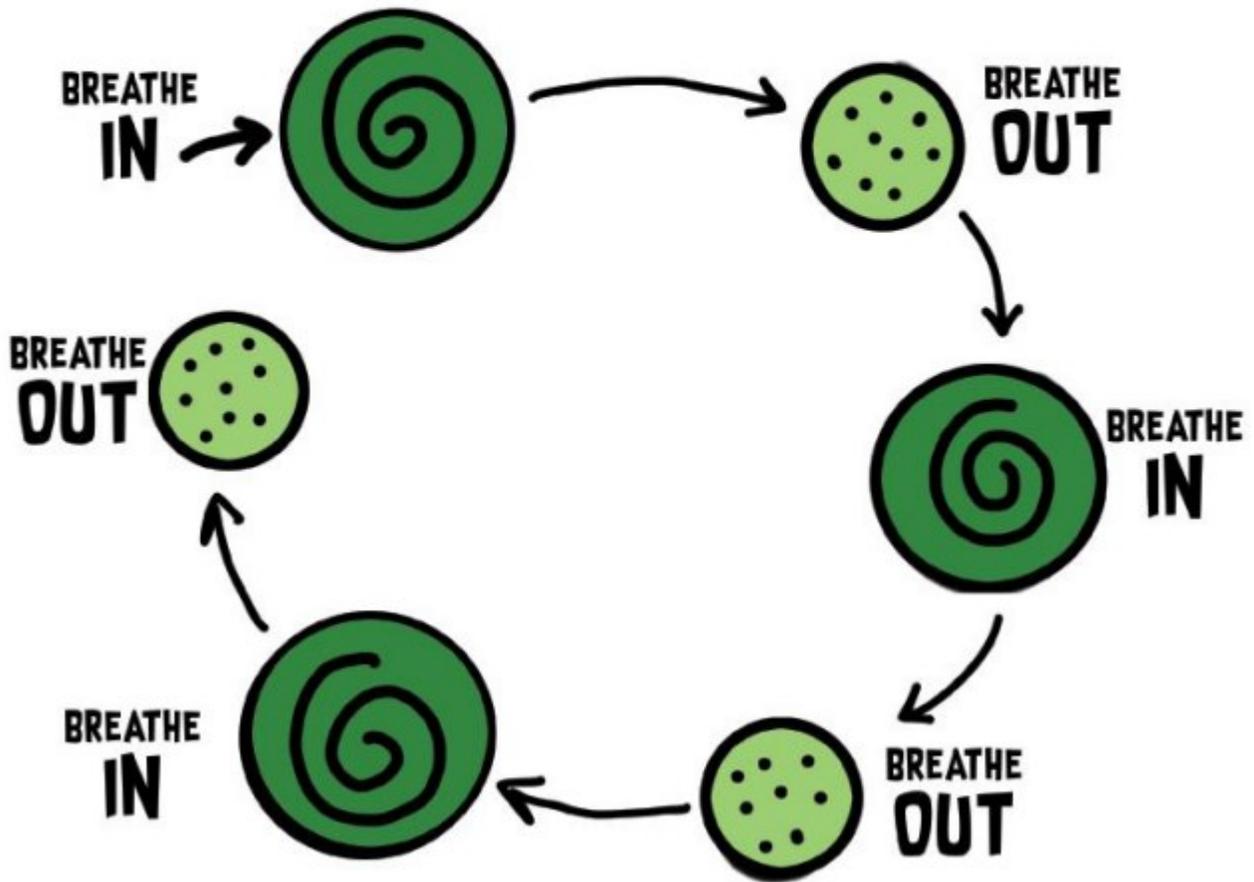
FREE printables from the author here: <https://www.dianealber.com/pages/free...>

**MY SPIRITUAL JOURNEY CHALLENGE:** What spiritual practices have you implemented into your life that keep you connected to Master Mind consciousness? What habits would you like to create to enhance or increase the frequency of this experience? At least twice this month commit to taking 30 minutes to an hour to listen, watch or read a spiritual teacher provide guidance on how to welcome Master Mind consciousness into your daily life. If desired, share this experience with someone you love.



**Time to get into our Quiet Space**

# **SPOT PATTERN BREATHING**



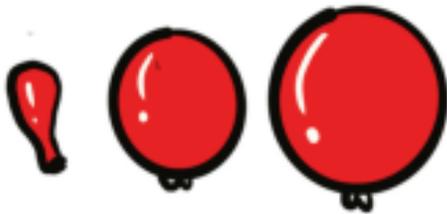
Smell a flower



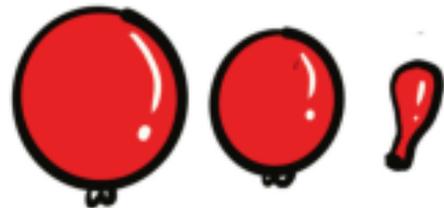
Blow a bubble



The balloon gets  
**BIGGER**



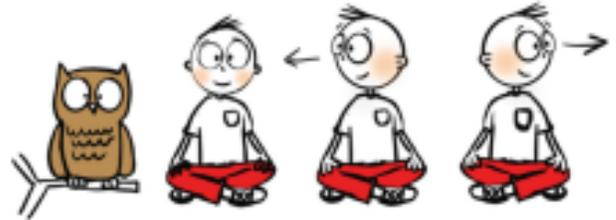
The balloon gets  
**SMALLER**



Rainbow Stretch



Owl Stretch



Namaste



Hello

Namaste



Goodbye

Smell a flower



Blow a bubble



Butterfly Pose



Tree Pose



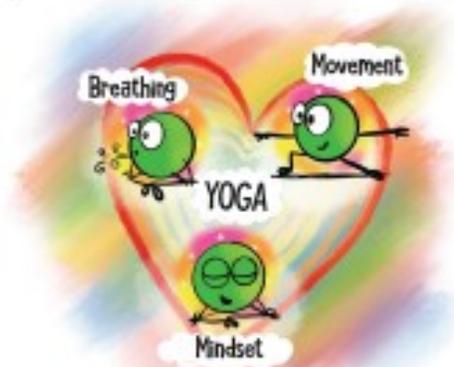
Table Top Pose



Namaste



Positive Thoughts



## Easy Pose



## Cow Pose



## Upward-Facing Dog Pose



## Cat Pose



## Downward Dog Pose



## Child Pose



## Mountain Pose



## Star Pose



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|                                  |  |   |   |
|----------------------------------|--|---|---|
| Think about your favorite animal | Breathe in and out through your nose   | Stand up and try to touch your toes     | Picture yourself in the mountains       |
| Bring your hands over your head  | Shift your attention to your left foot | Stand and try to stand on one leg       | Think about your favorite smell         |
| Think about your favorite food   | Think about your favorite memory       | Take off your shoes and relax feet      | Stretch your arms above your head       |
| Picture yourself at the beach    | <b>Take 5 deep breaths</b>             | Shift your attention to your right foot | Take deep breaths with hands on stomach |



# Meditation: Inner Peace

Listen to these audio meditation as a gift from the Unity Prayer Ministry (Silent Unity). Relax, take a deep breath, and pause in this moment as you allow Spirit to restore your natural balance.

- ✿ Meditation for Inner Peace: <https://www.unity.org/article/meditation-inner-peace>
- ✿ Meditation for Everyday Living: <https://www.unity.org/article/meditation-everyday-living>
- ✿ Meditation for Divine Order: <https://www.unity.org/article/meditation-divine-order>
- ✿ Meditation for Love and Comfort: <https://www.unity.org/article/meditation-love-and-comfort>
- ✿ Meditation for Letting Go: <https://www.unity.org/article/meditation-letting-go>
- ✿ Meditation for Claiming Truth: <https://www.unity.org/article/meditation-claiming-truth>
- ✿ Meditation for Healing: <https://www.unity.org/article/meditation-healing>
- ✿ Meditation for New Beginnings: <https://www.unity.org/article/meditation-new-beginnings>
- ✿ Meditation for Love: <https://www.unity.org/article/meditation-love>
- ✿ Meditation for Gratitude: <https://www.unity.org/article/meditation-gratitude>

Sitting quietly, with the body relaxed and the mind stilled, brings many physical and emotional benefits. **It reduces tension and stress, lightens anxiety, lowers blood pressure, increases energy levels, improves sleep patterns, helps to decrease harmful body chemicals and increase beneficial ones.** It does all this and much more. Yet these physical, mental, and emotional benefits cannot begin to compare with the greatest benefit, the one we actually enter the silence for, and that is **the experience of knowing God and of activating our own divine qualities.** Since the within of us is so vast, it seems obvious that we should direct our attention to inner core, dipping into the eternal wellspring of life which we find there.

## Meditation is Not Prayer

Put simply, prayer is talking to God whereas **meditation is allowing God to talk to you.** You do this by getting quiet and intentionally directing your attention to your inner self, to the secret place of the Most High. ...

### WEEKLY FAMILY ACTIVITIES



**As a Family Research and try out different methods of meditation. Pick one that all agree to do as a family, and have each child pick one to do for themselves.**