


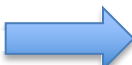


# Living the Truth I Know

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## Seeing Beyond Appearances

<b>Wisdom Story</b>		<b>“The Ant &amp; the Chrysalis”</b> Aesop’s Fable
<b>Key Issue</b>		Things are not always as they appear.
<b>Living the Truth</b>		When we are willing to look beyond appearance, we see the Truth shining forth from others.
<b>Unity Principle</b>		#2 - Our essence is of God; therefore, we are inherently good. This God essence was fully expressed in Jesus, the Christ.

## Adult Review & Enrichment

### Thoughts to Contemplate

- “The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love.” ~Meister Eckhart
- “What we do see depends mainly on what we look for. ... In the same field the farmer will notice the crop, the geologists the fossils, botanists the flowers, artists the colouring, sportmen the cover for the game. Though we may all look at the same things, it does not all follow that we should see them.” ~ John Lubbock
- “Our job is not to set things right but to see them right.” ~ Eric Butterworth
- “The child who is taken only as he is – whose potentiality is ignored or slighted – remains where he is, or even slides backward.” ~ Eric Butterworth
- “It is only with the heart that one can see rightly; what is essential is invisible to the eye.” ~ Anroine de Saint-Exupery

# Centering & Coming Together

*Beginning by engaging in some centering time helps to build connections and to create a prayerful and sacred environment. Encourage each member of the family to contribute and to take turns leading the different activities.*

## Set Up Your Sacred Space

Encourage each member of the family to contribute to creating the space. Items to consider:

- Colorful scarf or cloth on which to place the items
- Electric Candle
- Crystals/Stones – nature items
- Prayer cards
- Items that have a special meaning to an individual
- Electric Tealight

## Light the Candle

As you turn on or light the candle, invite all to focus on the flame and know that the Christ presence within, is always alive in us.

- Prayer the **Prayer for Protection**
  - *The Light of God surrounds us*
  - *The Love of God enfolds us*
  - *The Power of God protects us*
  - *The Presence of God watches over us*
  - *Where we are, God is!*

## Check In

- Each person chooses a tealight and then shares their name, an I AM statement, such as, *I am Diane and I am powerful*, and turns on their tealight. For each person, the group then repeats the name and affirmation in order to give a blessing, “*Diane, you are powerful.*” Go around the circle until all are affirmed.
- Next invite each person to share 3 of their favorite things. (*Color, movie, sport, bug, animal, song, planet, game, etc...*)

## Sacred Breath

- This is the time when we use a breathing exercise to de-stress and to move our attention into the present moment. Choices include:
  - Smile, Take a Breath & Relax
  - Tighten all muscles, breath in, hold, and release

## Celebration Leader

- Invite people to think of one or two things they would like to celebrate. As each person shares, make a joyful noise. *This activity invites us to look for the good even in very small and simple ways.*

# Share the Story

*Story is used to create a common experience. The story reflects an issue that the participants might be experiencing and invites us to consider that we are not alone in what we are thinking, believing, and/or experiencing.*

## "The Ant & the Chrysalis" a Jewish Folk Tale

This is a story of the assumptions made by an ant.

### Story Focus

When we make decisions based solely on appearances, we can miss out on a lot of fun experiences.

### Share the Story

An Ant nimbly running about in the sunshine in search of food came across a Chrysalis that was very near its time of change. The Chrysalis moved its tail, and thus attracted the attention of the Ant, who then saw for the first time that it was alive.

"Poor, pitiable animal!" cried the Ant disdainfully. "What a sad fate is yours! While I can run hither and thither, at my pleasure, and, if I wish, ascend the tallest tree, you lie imprisoned here in your shell, with power only to move a joint or two of your scaly tail."

The Chrysalis heard all this but did not try to make any reply. A few days after, when the Ant passed that way again, nothing but the shell remained.

Wondering what had become of its contents, he felt himself suddenly shaded and fanned by the gorgeous wings of a beautiful Butterfly.

"Behold in me," said the Butterfly, "your much-pitied friend! Boast now of your powers to run and climb as long as you can get me to listen." So saying, the Butterfly rose in the air, and, borne along and aloft on the summer breeze, was soon lost to the sight of the Ant forever.

### Discuss the Story

*The discussion questions can be used to provoke thought and to allow the participants time to grapple with their own questions and to seek their own answers*

- What did the ant find as it was searching for food?
- What caused the ant to notice the chrysalis?
- How did the ant respond to the chrysalis?
- What do you think caused the ant to believe what it did about the chrysalis?

- When the ant came by again and saw the empty shell, what did the ant believe?
- What message did the butterfly give to the ant?
- What do you think the ant believed in the end?
- Because the ant judged the chrysalis by how it looked, what do you think the ant missed out on?
- What does it mean to judge something only by how it looks?
- What do we possibly miss out on when we only judge someone or something by how it looks?
- Describe something that looked icky or weird to you, that you did not explore it further.
- How does being willing to look beyond appearances help us in life? How does it help others?
- What are some ways you can look beyond appearances and see the person or situation as the/she/it really is?

## Activity

*The activities are used to give the participants the opportunity to explore the lesson's teachings through art, science, and/or games.*

### **Seeing Within**

If we plant beans, we will grow beans. If we plant worry, we will grow worry. We can have faith that whatever we plant will grow so we need to be mindful of what we are planting.

### **Supplies**

- Packet of flower seeds
- Variety of beans in different sizes, shapes and colors
- Small bowls
- Paper
- Glue

### **Action**

- Open one of the seed packets, but don't let the children see which one you are using.
- Pour the seeds into the bowl and invite the children to describe what they see.
- If they just saw this seed laying on the ground what would they think of it? Would they pick it up and treasure it or would they pass it by?
- Share with them that by just looking at the seed, we can't always tell what it will grow into.

## **Discuss**

- What do you need to do in order to discover what is within the seed?
- If we imagine that a person is like a seed and we only pay attention to how they look, what would we know about them?
- What would we not know about them?
- Like the ant missed out on knowing how beautiful the chrysalis was going to be, what might we miss out on when we just judge people by their outsides?
- What are some things we can do that look past their outside so we can see their real selves?

## **Action**

- Pour the seeds and beans into difference bowls.
- Invite the children to create a picture by gluing the seeds onto the paper.
- Encourage them to share their pictures and talk about how a plain old seed could be used to create a wonderful picture.