

*Everyday Spirituality for Families and Children
(For Ages 2–4)*

Compiled for The Hearts Center Community



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Children internalize what they learn from home. Parents are the most important influence in their lives. What the parents practice at home sticks with the child as he/she goes out into the world, to the playground, to school and within the family itself with brothers and sisters, even the elementals. Children integrate what is imprinted upon them from their parents and guardians. This integration lasts a lifetime. Children are resilient. If they feel loved, they will grow into mature adults. There are no perfect parents. Just admit your mistakes to your children and move on.

Children learn the spoken and unspoken patterns of behavior from their parents and guardians. They learn patience, kindness, empathy, how to deal with upsets, sharing, forgiving, and expressing feelings, saying “please” and “thank you,” being obedient, expressing creativity and joy. Treat your preschoolers like angels. Catch them being good and give them praise to reinforce positive actions and words. Avoid shame and blame for these are also internalized if repeated at home eroding their self-esteem, self-love and self-confidence.

The spiritual message for your child to integrate is, “God lives within me as Love.” Love is the whole of the Law, as our Lord Jesus Christ taught. A child who is loved and taught to give love will grow in spirit. A hurt child will hurt others and himself as he grows up. The saying, “Hurt people, hurt people,” is unfortunately true as we experience violence among us on an almost daily basis.

Your pre-schooler does not know right from wrong at this time. You have to teach and show what works and what does not in your home. This is not the time to punish, get irritated, angry and blame and shame your child. They don’t understand. Take a breath before reacting to a broken dish, spilled milk, and a mess in the bathroom. Teach your child how and why this happened and how to stop it next time. Blame the behavior not the child. For example, “When you throw the glass, it will break and it might cut your feet.” “I will clean this up.” “Remember the glass breaks; we don’t want to do this again.” “Thank you for helping me.” Give them a hug.

The preschooler is beginning to separate from Mom and Dad. “I am separate” is a dawning realization for the young one. “No” is a powerful expression of this separation even if they really don’t mean it! The preschooler is pushing the limits and testing Mom and Dad’s boundaries. Don’t shy away from setting limits and boundaries for your child. It makes them feel safe and secure that someone is there to stop them if they make a mistake or getting into trouble.

The preschooler is still dependent on Mom and Dad for safety, survival and security. Help them understand their limits. They will love you for it. Watch how they run away from you, stop, and turns around to see if you are still there for them! If you should disappear from their view, they will get very upset and probably cry. Always let them know that you are there for them and will never abandon them. “Wait for me right here. I will be right back.”

Repetition and Routine

Pre-school children love repetition and routine. Start your day blessing your breakfast together. Do this at every meal, every day. “Thank you, God, for my food. Amen.”

Every day sing, pray, dance, chant together using The Hearts Center’s beautiful songs and prayers from our website. Create a child’s altar to suit their size. Fill a basket with pictures of

ascended masters, angels, flowers, statues, elementals, gnomes, fairies, butterflies, beautiful fabric, crystals, ribbons. Use your imagination. The child can create a new altar every day.

Recommended Songs with Videos

Go to [heartscenter.org](https://www.heartscenter.org). Click on the “Broadcast” tab on the menu bar. Then click on “Prayers and Songs.” Scroll through to find songs with videos. Use these to teach the child about the ascended masters, angels and elementals of fire, air, water and earth. Sing, dance and move to the music! <https://www.heartscenter.org/Broadcast/PrayersandSongs/tabid/415/Default.aspx>

- 41 Afra’s Spirit of Brotherhood*
- 101 America, the Beautiful*
- 12 Archangel Michael’s March*
- 8 Beauty in Bloom (to Mother Mary)*
- 2 Blossom of My Heart (fun to dance to violet flame)*
- 151 Bonnie Blue, Canada’s Silent Watcher*
- 29 Bring the Children (to Jesus)*
- 46 Buddha Nature (to teach them about their Solar Presence)*
- 140 Buddha of the Diamond-Crystal Light*
- 170 Clear the Air with Clare de Lis (dance with the sylphs of the air)*
- 95 Cosmic Violet Joy Waltz (waltz with your family and the ascended masters!)*
- 27 Dearest Kuthumi*
- 125 Dona Nobis Pacem (to Elohim Peace and Aloha)*
- 157 Elementals, Unite*
- 166 Elohim of the Five Crystal Rays*
- 143 Evening Angels’ Lullaby (bedtime)*
- 97 Freedom We Claim Now (march with Saint Germain)*
- 122 Gift of Love (bedtime)*
- 169 Glorious Apollo (March)*
- 24 Gracious Gautama*
- 53 Great Central Sun We Praise*
- 37 Great Divine Director*
- 130 Hail, Elohim of Wisdom*
- 35 Hail to the Chief (March with El Morya)*
- 100 Heal with Ho’oponopono (teach forgiveness)*
- 36 Hercules Descend (the real Super Hero)*
- 113 How Great Thou Art*
- 99 I AM the Freedom Flame (spin!)*
- 120 I and the Mother Light Are One (Mother Mary)*
- 144 I Will Always Love You*
- 115 In the Garden*
- 30 Jesus Loves the Little Children*

66 *Jewel (Om Mani Padme Hum)*
131 *Lanello, Our Jolly Good Fellow*
117 *Lorica of Saint Patrick*
7 *Mary's Roses*
136 *Master Morya, We Love You*
16 *May the Angels Go with You*
11 *Michael's Great Blue Sword (Our Hero and Protector)*
129 *Mighty Astrea*
127 *Mother of Mercy (Kuan Yin)*
119 *Ode to Cyclopea and Virginia*
1 *On this Day, O Beautiful Mother*
162 *One with the Violet Flame (dance & sing)*
33 *Our Buddha Mother*
4 *Our Lady of Medjugorje*
42 *Padre Pio, Dear*
163 *Portia, Mother of Justice and Opportunity*
38 *Prayer to Arcturus*
39 *Queen of Light's Scandinavian Song*
40 *Saint Germain, the Beautiful*
126 *Shield of Faith*
159 *Song to the Mighty Elohim*
135 *Song to Uriel and Aurora*
304 *Spanish: Cancion a los Magnificos Elohim*
134 *Sweet Heart of Jesus*
28 *Take My Hand, Jesus Dear*
121 *Thank You*
116 *This Is My Father and Mother's World*
34 *To Ling, God of Happiness*
23 *To Lord Gautama*
19 *To the Elementals*
153 *Unity's One-der-Land*
133 *Victory, Dear Victory*
10 *Waltzing in the Womb*
17 *You Are My Angel*
154 *Zadkiel, Archangel Dear*

Meditation

Meditate with your child every day at a specific time. If they know “Quiet Time” happens before nap and bedtime, they will naturally gravitate to it. Create an attractive “Quiet Place” for your child—maybe a couple of bean bags in front of their altar, one for you and one for them. And you say, “Let’s see how quiet we can be sitting here in front of the Buddha. First, breathe deeply so your tummy rises, then exhale all the air out. Do it again, maybe three or four times. Now, just breathe as you always do. Open your palms turned upward to God on your lap. Now, we will listen to God and Buddha in our hearts in silence without talking.”

Do this for only a few minutes until they want to move again. Time is not an issue. Encourage them to go to their Quiet Place anytime they desire. This place can also be used for the child to calm down when upset.



Healing Prayers and Blessings

Offering healing prayers is a way to express love and empathy for others, and gratitude to the Creator. It also gives your child a chance to act in a supportive way in circumstances that are

beyond their control. Prayer is a way to open our hearts and connect with a larger reality. Use whatever language is appropriate to help children understand that subtle realities exist beyond our senses. For example, Master Omraam uses the phrase, “invisible world,” which a child can understand and contemplate. Children are sensitive to feelings and emotions, and the vibrations of others, even the elementals. Parents can validate their children’s feelings and let them know that it is perfectly wonderful that their children can empathize with the invisible world. And if they are upset, they can come to their parents for consolation.

Praying for others has an effect in our own hearts. The results of prayer may be hidden from us. It is important for the child to know that if nothing changes outwardly from their prayers, it means that the Creator is “thinking” about it. Every prayer is heard. We just don’t know when or how it will be answered. We “let go and let God” answer our prayers. This teaches detachment, a very important lesson for the child to learn early on. We are not in charge, only God and the divine world are. Our prayers may help someone have peace, a divine gift from our hearts to theirs.

A Simple Blessing for Food

Hold your hands over your food, palms facing down over your plate and say out loud:

“Thank you, God, for my food. Amen.”



Stories

When selecting picture books for your child, consider that pictures are as important as the written word and message of the book. Do you desire your child to believe that animals actually

talk? So many books for children as well as movies depict animals acting and talking like people. Just let your child know that this book, or movie is just for fun—that dogs, cats and rabbits can't really talk like we do. It's just funny and imaginative. Then explain imagination to them.

Are the illustrations uplifting and inspiring? Do the images of the people look pleasing? Do they evoke a heart connection and positive messages? Check the reviews for the books that you select. Good reviews include the age appropriateness and content of a book. Then check the books out for yourself.

Certain old nursery rhymes may convey a negative message—Humpty Dumpty could not be put back together again, London Bridges fell down, Rock-a-bye baby and the cradle falls! There are many alternative nursery rhymes with positive messages.

Choose a special time to read a story to your child. Sometimes a child just desires a story and a cozy time with the parent, sitting on the couch together, the adult pointing to the words and reading. This is a great way to get your child ready to read. Remember that a preschool child can't read because the type is too small for their developing eyes. They can learn to read words if printed two to three inches high on a white card in black letters! You can teach them the sounds of every letter. Children ages 3 to 4 can learn to read this way. It is essential that the "teacher" correctly and clearly pronounces the sound for every consonant and vowel in the word.

Resources recommended by Ananda Village's Education for Life

<https://edforlife.org/resources/>:

- Chinaberry Book Catalog
- Jim Trelease's Read-Aloud Handbook

Children's books with spiritual and uplifting images and messages

- *In God's Name by Sandy Eisenberg Sasso*
 - *This book provides a wonderful illustration of the many faces and names through which God is known.*
- *I Wanted to Know All about God by Virginia L. Kroll*
 - *Beautiful pictures of children in nature express a simple but profound message about where to find God.*
- *The Lovables in the Kingdom of Self- Esteem by Diane Loomas*
 - *Colorfully illustrated with animals in nature, this book teaches an affirmative approach to self-esteem and how each one has a special gift to share*
- *Where Does God Live? by Holly Bea*

- *Young Hope seeks the answer to the question, Where does God live? And soon learns that God is everywhere and all things.*
- *Where Does God Live? by August Gold and Matthew Perlman*
 - *Gold and Perlman's book playfully helps children find God by opening their eyes.*
- *Incredible You by Dr. Wayne Dyer*
 - *Ten secrets for success help children understand they are unique and powerful beings.*
- *Saying Goodbye to Lulu by Corinne Demas*
 - *This beautiful book tells the story of loving and letting go of a beloved animal named Lulu.*
- *Emma and Mommy Talk to God by Marianne Williamson*
 - *A beautifully illustrated book, it shares a conversation with Mom about what God is and is not.*
- *One Grain of Rice by Demi*
 - *This mathematical folktale delivers an inspiring message on abundance.*
- *One Gift Deserves Another by Joann Oppenheim*
- *Series: Dear Children of the Earth, Children of the Earth Remember, Dear Children of the Earth: A Letter from Home by Shim Schimmel*
 - *This beautiful series, illustrated by environmental visionary and artist, Shim Schimmel, focuses on animals and all creatures. The central theme is planetary interdependency and that we must share Mother Earth with all its varied life.*
- *Sister Anne's Hands by Marybeth Lorbiecki*
- *Granddad's Prayers for the Earth by Douglas Wood*
- *Prince Siddhartha—the Story of Buddha by Jonathan Landaw and Janet Brooke*
- *All the Places to Love by Patricia MacLachlan*
- *A Special kind of Love by Stephen Michael King*
- *Through Grandpa's Eyes by Patricia MacLachlan*

Our Daily Schedule—For the Preschool Child

Upon rising in the morning everyday

“Tube of Light,” 0.005, spoken or sung.

Tube of Light prayer:

<https://www.heartscenter.org/Broadcast/PrayersandSongs/tabid/415/psp/4x771/Default.aspx>

Tube of Light song video of 0.005:

<https://www.heartscenter.org/Broadcast/PrayersandSongs/tabid/415/psv/4x771/Default.aspx>

Breakfast blessing and at every meal

Help set the table and prepare breakfast, giving small tasks for little people.

Hands held over the plate of food in blessing, say, “Thank you, God, for my food. Amen.”

*Starting at breakfast or after breakfast and throughout the day at lunch and dinner, teach your child to give with you the statements from CS-68, “**The Essene Morning and Evening Communions and the Noon Peace Contemplation.**” These statements are short and easy for a preschool child to repeat and memorize, and they provide teachable moments for parents to share with their children.*

<https://www.heartscenter.org/Broadcast/PrayersandSongs/tabid/415/psp/5x1207/Default.aspx>

After breakfast

Children help clean up.

Children feed pets and supply water indoors and outdoors.

Children can water the yard, the trees, flowers, plants.

Independent playtime: songs, dancing, storytelling; doing puzzles, blocks, Legos; playing with various sizes of balls; playing musical instruments; outdoor sand play; gardening, playing on swings, climbing, playing at an indoor water table and with water toys; enjoying favorite art activities.

Allow children to draw, paint and color on plain, unlined paper rather than coloring books, which limit their imagination. It is okay to color outside the lines and scribble at this stage. Give them chunky pens, crayons, chalk. And break up the crayons so they are easier to use without tears!

Clean up. Everything has a place and there is a place for everything; Shelves, boxes, baskets with labels and pictures of what goes where are very helpful!

Before lunch

Prayers: Adults pray at their altar and children prepare and pray at their altar. Maybe the altars are side by side. It's okay if adults do adult prayers as the children just listen and build their altar or just play with the altar items. Teach children the importance of protection with Archangel Michael, and forgiveness with Saint Germain and the violet flame. The violet light of love and joy transforms any situation from negative to the positive.

5-minute meditation

Practice deep breathing and teach OM to the children.

Teach chants and mantras.

Lunch

Help make lunch. Teach nutrition. Bless the food. Clean up. Say thank you to the chef!!

CS-68 Noon Peace Contemplation

Independent playtime

Child's choice

Rainy days: Set up an art table with glue, papers, ribbons, foil, colored pens, paint, crayons, clay, etc. The sky's the limit. Let the children create whatever they want without questioning or giving a critique of any kind. Praise anything they make. Give specific praise, not just "good job." That is not useful to the child and it sounds rote. Rather say, "I love these colors!" "Thank you for cleaning up!"

Before naps

Settle the energies with quiet puzzles, stories, meditation, singing a song.

Snack

Child helps select and make snacks.

Instruction time

Please keep preschool children away from computers, screens, phones, and TV. The ascended masters suggest your children spend more time in nature.

Teach your child about the ascended masters, angels, and elementals in a way the child can understand. Pictures, songs, statues can all be used as visual media to reinforce their memory. Add prayers for each master and angel either from The Hearts Center prayer book and website or make up your own. Hearts Center songs are great teaching tools to introduce the ascended masters, angels and elementals to your child.

White flash cards with black two-inch letters of the alphabet drawn on each card can be shown to your child as you pronounce each letter aloud. This will teach a three- or four-year-old how to read! Start with vowels only until they can make the phonetic sound of each vowel perfectly. Add consonants two or three at a time.

Math, musical instruments, foreign languages can be taught to 3- and 4-year-olds. They are ready to learn everything! The Montessori Method is suggested. Go to <https://lovevery.com> and find Montessori play kits for intentional play at every stage for your preschool child. These are especially helpful for grandparents to keep grandkids constructively occupied. Remember, Maria Montessori taught that children would rather work than play.

Nature walks and science experiments help children appreciate Mother Nature. Look for teachable moments. There is star gazing and astronomy and talks about the sun; you can name animals, plants, flowers, insects, trees, leaves, planets; you can talk about cycles of time: fall, winter, spring and summer; talk about water as oceans, rivers, ponds, waterfalls; talk about solar, wind and water power.

You can have a sand box with appropriate sand buckets, shovels, water. You can set up a table indoors for water experiments. Include measuring spoons, cups, spoons, whisk, things that float and things that sink.

Your child might enjoy gardening, planting, harvesting, preparing food; composting and recycling; growing an avocado from its seed, growing a flower from seed; explaining parts of a flower.

Your child can take swimming lessons and learn exercises like Brain Gym. Other activities children enjoy: riding bikes, playing ball, running, jumping, climbing, skating, skiing, kicking balls; trying out balance beams; singing and dancing.

Plan field trips to galleries and museums, nature trails, parks, and gardens.

Dinner

The children help prepare the meal, they bless the food, eat, and always say thank you to the chef! They help clean up.

Evening family time

CS-68 The Essene Evening Communion

Children share their day with the family. They can play board games, puzzles, pray, sing, chant, dance together.

Then there is story time and winding down with silent meditation before bed.

Bedtime

Bedtime should be the same time every night and there should be a ritual. The bedroom should have ambient lighting for sleep—perhaps a small night light. No electronics, no computer screens, no TV, no radio.

Evening prayer includes gratitude and blessing of others. The child could pray, “Bless my family, my dog, my friend, my Grandma...etc.”

Then it’s cuddle time and reading a story. Sing a special sleepy-time song.

To meditate, the child could lie on their back, hands on their chest. They take a few deep breaths to quiet the mind and prepare for sleep.

El Morya’s Eight Pillars of Life for the Initiate

Consider that you are helping to raise an initiate. Keep these eight pillars in mind as you interact with your children, and you will succeed in helping them to pass every test in life.

I.	Mission and dharma through work	Blue Ray	Job, vocation
II.	Education and study, sacred truth	Yellow Ray	Wisdom of East and West: Christianity, Taoism, Hinduism, Buddhism, Judaism
III.	Creativity, prayer, devotion, worship	Pink Ray	Artistry of divine love
IV.	Clearing, transmutation, purification	White Ray	Exercise, diet, fasting, yang energy
V.	Healing, nutrition	Emerald Ray	Diet, recreation in nature
VI.	Helping, serving, volunteering	Gold and Purple Ray	Ministration

VII. Divine magic, alchemy

Violet Ray

Divine drama of the
Seventh Age

VIII. Meditation/silence

Five Crystal Rays

Integration of Buddhist
practices and enlightenment

Summary

Add anything you like for your daily rituals with your child. Remember repetition and routine help the preschool child feel safe and secure. Make clean-up time, chores, bathing, brushing teeth fun and rewarding.

Build the child's confidence by praising their achievements, even small ones, and ignore the mishaps and mistakes, using these as teachable moments rather than shaming, blaming or punishing. Always reprimand the behavior not the child. "You are not a bad boy. What you did was wrong...i.e. (kicking the child, calling her a bad name, throwing your toy in the toilet...etc.)"

Be consistent in discipline, No means no. Do not bend your rules. This only confuses the child and they will manipulate you to say yes when you really mean no. If bedtime is at 7:00 pm every day, set an alarm so the child sees and internally hears, "Oh, I have to go to bed." The reward is story time or singing a lullaby, snuggling with mom or dad, saying a prayer and having a meditation. Let the cat and dog join you!

Remember at ages two, three and four your child is an angel. Treat them as such.

