

WORKBOOK TO TEACH CHILDREN THE 7 DAYS COURSE

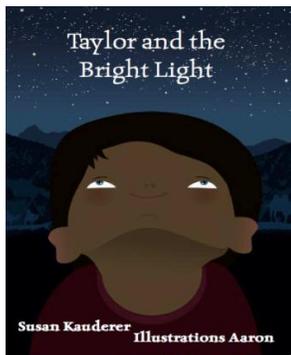
GLOBAL HARMONY HOUSE

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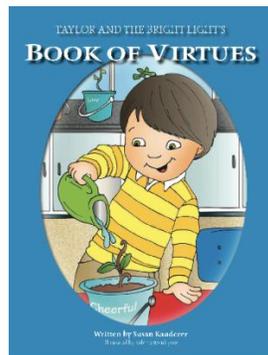
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Book 1



Book 2



Book 3

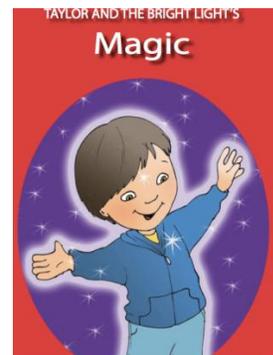


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NOTE TO INSTRUCTOR "LEADER":

Excerpts are included so that even without the books you can teach the course.

For those who have the books, excerpts can be used before or after reading the story to emphasize the point.

Books May Be Purchased At The Below Website:

<http://bookshop.bkame.org>

Scroll Down the page and look for:

- Value Based Education

1520 Taylor and the Bright Light 

1524 Taylor and the Bright Light's Book of Virtues  New

1525 Taylor and the Bright Light's Magic  New

UNIT 1: SOUL

This session will:

- Tell a story about Taylor (before and after his sisters were born).
- Pose the question "who am I?" and introduce concept and qualities of soul.
- Introduce Bright Light, how to access, effects of accessing.

Lesson 1: Who am I?

Reading 1

LEADER READS CHAPTER 1, "TAYLOR MEETS THE BRIGHT LIGHT" P. 7-13
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P. 7-10} "TAYLOR MEETS THE BRIGHT LIGHT"

Taylor was a sweet and lovable little boy. He liked to help his mother do the cooking and help his father rake the leaves. He loved it when his parents played with him and best of all, he liked having stories read to him over and over again. He learned the words by heart and sometimes would say them out loud before Daddy even had a chance to read them.

Taylor enjoyed sharing so much that he would give his mother his teddy when she didn't feel well, and wrap his baby blanket around her shoulders. He would sneak his favourite cookies into Daddy's briefcase so Daddy could have a snack at work. And when he knew Grandma and Grandpa were coming, he would wrap up his dessert in his napkin and put it in his pocket to save for them.

But gradually things began to change. His mother's tummy was getting bigger and bigger and she couldn't get around as easily as before. She stopping sitting on the floor to play with him, and always seemed too tired to read a bedtime story. One day, Mommy and Daddy told Taylor that he was going to be a big brother

Then the big day came, and Taylor's dad rushed his mother to hospital. Taylor was hoping they would bring home a brother for him to play with. But instead, they brought home not one, but two tiny babies. They were girls! Amanda and Zoë were their names. Taylor was a bit disappointed, but promised himself, "I'll try to be a good big brother even though I didn't get a baby brother to play with."

It turned out that the twins required a lot of attention from Mom and Dad. For the first time in his life, Taylor felt jealous. It was a tight feeling inside his chest, like he wanted something but couldn't have it. It wasn't a good feeling. Instead of sharing, the way he used to, Taylor didn't want to let his sisters play with his things, even the toys he had outgrown. That didn't feel good, either. He felt as if he were doing something wrong.

Eventually, Taylor's mother had to go back to work. Taylor missed her so much that sometimes he became angry. Then he would get impatient with his little baby sisters and even hit them - and that made him feel guilty.

Taylor's grandmother and grandfather retired and started coming over during the week. They took Taylor to the park and the zoo or aquarium, and sometimes bought him ice cream or balloons. Taylor loved his grandparents' visits and he really looked forward to them. They made him feel important.

But just as Taylor was beginning to feel happy and valued again, his grandparents had to move far away. Taylor missed them so much that, for the first time in his life, he felt what it was like to be really, really sad.

Taylor was so sad that he climbed into his little tree house in the backyard and started to cry. He cried and cried until he couldn't cry any more, and then he became very quiet. He was so quiet that he could hear his heart beating.

All of a sudden, he saw a beautiful bright light shining right in front of him! It looked like a small, white sun that sparkled and glistened. Suddenly, Taylor didn't feel sad anymore; he felt comforted and safe. It was like being cuddled up with Mommy and being caressed with her kind, loving words. He wondered, "What is this beautiful light? Could this be the magic wizard from the story Grandma read me?"

Taylor didn't know if this was the wizard or not, but he felt like a kind person, and Taylor wanted to stay with him.

Discussion

Ask for description of Taylor's reactions/feelings/actions when:

1. His mom and dad read/played/worked with him

2. His grandparents took him to the zoo/other places and gave him great attention.
3. He did helpful and loving things for his family.
4. The twins needed his parents' attention (jealous, tight feeling in chest, wouldn't share toys, felt doing wrong).
5. Mom went back to work (angry, impatient, hit babies, guilty, sad, no comfort).
6. His grandparents moved away (very sad/cried).

Activity

From above, Leader makes a poster chart listing feelings and actions that made Taylor feel peaceful or not peaceful.

LESSON CAN END HERE



Reading 2

READ: {EXCERPT P.11} "TAYLOR MEETS THE BRIGHT LIGHT"

"Just being with this bright light reminded him of how happy and helpful he had been before the twins were born, before his mother had gone back to work, and before Grandma and Grandpa had moved far away.

Taylor loved feeling like that. And he remembered how he'd especially liked sharing. He didn't understand why he had changed. He really wanted to be good all the time, the way he used to be before the twins came along.

Bright Light seemed to read Taylor's mind! He began to explain in his kind voice, "All that goodness you remember Taylor is the real you. This new behavior is not who you really are. That's why you feel so uncomfortable."

Taylor was astonished that this light could talk, and asked, "But how can I be good when I feel so unhappy?"

Bright Light replied, "Whenever you feel sad or angry or jealous, Taylor, just become very, very quiet inside. Become so quiet that there are no longer any

thoughts in your mind. Become so quiet that you can hear the grass moving in the wind. Do you think you can do that?"

"In the silence you will always be able to find me," said Bright Light, "and I can give you all the powers you need to be good. These powers will help you to become your true self again."

Taylor felt excited. "Powers? That's so cool! Maybe this light is the magic wizard after all!"

Bright Light made Taylor feel safer than he had ever felt before. He wanted to be the best he could be for Bright Light. Taylor wished that he could always feel as good as he did when he was with him.

Discussion

1. How peaceful thoughts and actions are consistent with the way we were made to be- precious infants. Each one of us is a "soul," a beautiful point of white light, like a star, that was made for love, and joy and peace and beauty. When we are in touch with people, places, things or thoughts that are loving, joyous, peaceful and beautiful, etc. we naturally connect because that is the way our souls are made.
2. Our souls are like our "command center," energizing us and directing us to think and connect with all that is loving, joyous, peaceful and beautiful. When we are loving, joyous, peaceful and beautiful, we are acting according to our true nature, and we feel so good.
3. We are not bodies with a soul; we are souls with a body.

Activity

Play short game of "Simon Says." What made our arms move, our eyes close, etc.?

Discussion

1. Before playing Simon Says, we talked about acting according to our true nature. But sometimes, when we get tired, or mad or sad or jealous or scared, we forget for a time what our true nature is, and then sometimes we act in ways that are not loving, joyous, peaceful and beautiful.
2. Did this happen to Taylor? Discuss. Does it happen to you? What happened after Taylor cried so hard after learning that his grandparents were moving away? How did he feel when he saw Bright Light?
3. What then happened to Taylor---did he return to his true nature? How do you know? How did Taylor feel when he was with Bright Light? Did he have a feeling of belonging? Where was Taylor's new power coming from?
4. What did Bright Light say to Taylor? How can we again become loving, joyous, peaceful and beautiful? What do we have to do to meet up with Bright Light? Can we all be friends with Bright Light? How?

Pre-Meditation

Let's take a few minutes to see if we can start to become friends with Bright Light just like Taylor did. Remember what Bright Light said about meeting up with him: "just become very, very quiet inside. Become so quiet that there are no longer any thoughts in your mind. Become so quiet that you can hear the grass moving in the wind. In that silence you will always be able to find me, and I can give you all the powers you need to be good. These powers will help you to become your true self again."

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

Lesson 2: More About the Soul



Reading

LEADER READS CHAPTER 3, "THE POWER OF GOOD WISHES," P.19-21
(Book 3) *TAYLOR AND THE BRIGHT LIGHT'S MAGIC*

{EXCERPT P. 19-20} "THE POWER OF GOOD WISHES"

He closed his eyes and in a half dreaming and half awake state, like an x-ray he saw his sisters in the next room as beautiful glowing stars of light with a thin golden thread coming from the top of their heads connecting them to Bright Light.

So thrilled about that, he brought his thoughts to his parents' room and with his special x-ray vision tried to see them as stars of light, too.

To his amazement, it worked. He saw his mom and dad as beautiful glowing stars of light and just like his sisters, they had a thin golden thread coming from the very top of their heads, connecting them to Bright Light also.

Bright Light looked more beautiful than ever, glowing in a most magnificent pure white light that sparkled with tiny brilliant golden-orange stars vibrating all

around Him. Everyone was at their best, and Bright Light was pulling them all to Him.

Taylor wanted to share this with Bright Light. He was already in deep silence so he just thought very deeply of Bright Light, and He was there. "Bright Light, did you see what I just saw? My sisters and Mom and Dad were all beautiful stars of light and were connected to You with golden threads."

Bright Light was amused by Taylor's amazement at this and said, "Taylor, you were just seeing them as they really are, as souls, beautiful stars of light. It would be a very good practice for you to start seeing everyone that way, as beautiful stars of light."

Discussion

1. How did Taylor see his sisters?
2. How would you describe the appearance of a soul?
3. How beautiful is it?
4. Do you think you look like that too? Do I also?
5. Do you need special vision to see the soul?
6. Who do all souls belong to?

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 2: BRIGHT LIGHT

This session will:

- | |
|---|
| <ul style="list-style-type: none">➤ Remind participants how Taylor contacted Bright Light and what effect it had on Taylor.➤ Introduce some information about Bright Light.➤ Discuss process of sitting still and contacting Bright Light.➤ Include a short guided meditation. |
|---|

Review: Participants will discuss Taylor's meeting with Bright Light, and the effects thereof, as discussed in Lesson 1.

Lesson 1: Learning About Bright Light

Reading 1

LEADER READS CHAPTER 1, "TAYLOR MEETS THE BRIGHT LIGHT" P. 7-13
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P.10-11} "TAYLOR MEETS THE BRIGHT LIGHT"

All of a sudden, he saw a beautiful bright light shining right in front of him! It looked like a small, white sun that sparkled and glistened. Suddenly, Taylor didn't feel sad anymore; he felt comforted and safe. It was like being cuddled up with Mommy and being caressed with her kind, loving words.

He wondered, "What is this beautiful light?"...Taylor didn't know...but he felt like a kind person, and Taylor wanted to stay with him...Just being with this bright light reminded him of how happy and helpful he had been before the twins were born, before his mother had gone back to work, and before Grandma and Grandpa had moved far away....

[Taylor] really wanted to be good all the time, the way he used to be...

Discussion

1. What did Bright Light look/feel like?
2. How did Taylor feel after being with Bright Light?

Re-read the below {excerpt}, Bright Light's instructions to Taylor about how and why to contact Bright Light.

"All that goodness you remember Taylor is the real you. This new behavior is not who you really are. That's why you feel so uncomfortable....Whenever you feel sad or angry or jealous, Taylor, just become very, very quiet inside. Become so quiet that there are no longer any thoughts in your mind.

Become so quiet that you can hear the grass moving in the wind...In that silence you will always be able to find Me and I can give you all the powers you need to be good. These powers will help you to become your true self again...we can be friends whenever you are your true self. So why don't you practice being silent and then we'll meet again?" [from Chapter 1, "Taylor Meets the Bright Light," P.11-12 (Book 1) *Taylor and the Bright Light*].

Discussion

1. Can you remember a time this week when you felt angry or sad?
2. What had happened?
3. How did that feel inside?
4. Did it feel like when the house is quiet and your Mom or another person is reading a funny book with you and you are both laughing?
5. Or did it feel more like the time when Taylor wouldn't share his old toys with the twins and he was mean to them?
6. Which gives the peaceful feeling, (4) or (5) above?
7. Why is (4) more peaceful? [Refer to true nature and qualities of the soul].
8. Can anybody contact Bright Light, or only Taylor? How would we contact Bright Light?
9. What do we have to do to become really quiet on the outside? (Ask participants to try this for one minute).
10. What do we have to do to become really quiet on the inside? (Ask participants to try this for one minute).

11. Discuss how it felt to be quiet on the outside and inside.
12. Can we be quiet on the inside if we are moving around, talking, or playing with a toy?
13. Do we usually, like Taylor, really see Bright Light on the outside? Do we hear spoken words? Or does this meeting usually happen in our souls?
14. Who remembers what we said last week about what our souls are like?
(“A beautiful point of white light, like a star, that was made for being loving, joyous, peaceful and beautiful. “Command center” energizing us to think and connect with all that is loving, joyous, peaceful and beautiful, and therefore acting in accordance with our true nature. Not bodies with a soul, but souls with a body.”)

Meditation

Leader instructs: For a few minutes now, we are going to sit very quietly, and I ask that you be very still and just listen to my voice.

[Short guided meditation, followed by discussion of the experience.]

Summary

{See last page for a form with boxes to fill in}

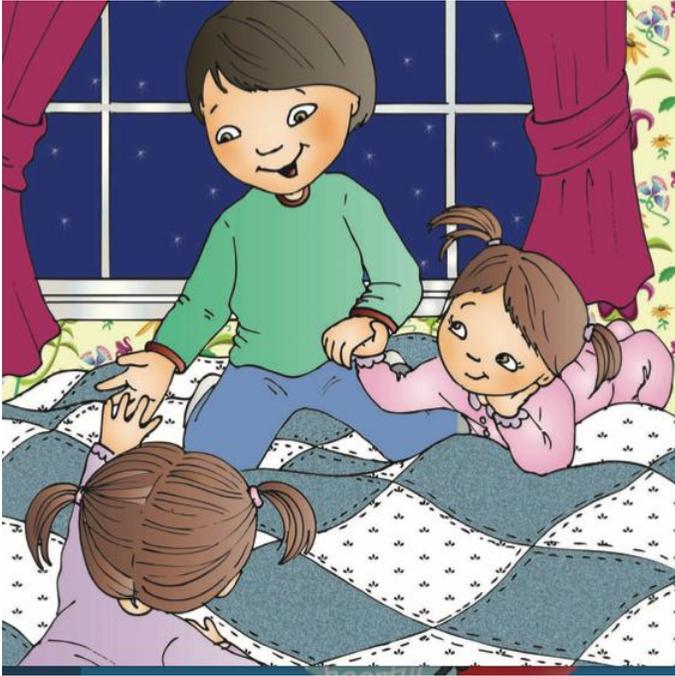
Things I learned today.
Things I found interesting.
Questions I still have.

Assignment

Request that participants remember to try to contact Bright Light during the week, and be ready to discuss next time. No good/bad efforts, just keep trying.

LESSON CAN END HERE

Lesson 2: My Best Friend, Bright Light



Reading

LEADER READS CHAP. 11, "TAYLOR TELLS HIS SISTER ABOUT BRIGHT LIGHT"
P. 61-65 (Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

{EXCERPT P.63-64} "TAYLOR TELLS HIS SISTER ABOUT BRIGHT LIGHT"

"Amanda, I know how much you love Teddy, but Teddy doesn't have any power. My best Friend has so much power. I call Him Bright Light because He is a beautiful Point of white Light that glistens and sparkles and glows. All you have to do to be with Him is get very, very quiet. So quiet, you can hear yourself breathe. So quiet, you can hear your heart beat. So quiet you can hear your eye lashes go up and down. So quiet that there is no other thought in your head except for the Bright Light. When all you do is think of Him and only Him, He will be there with you. Try it with me and you won't miss Teddy at all. I promise."

Taylor held Amanda's hand and gently whispered, "Let's be very, very quiet, so quiet, we can hear our hearts beat, so quiet, we can hear ourselves breathe. That's good. Now try to picture a beautiful white Point of Light that glistens and sparkles and glows. Don't think of anything else, just that beautiful Light. Can you see Him?" "No, Not yet," Amanda whispered. "Keep trying. You can do it. Just think of a beautiful white Light that glistens and sparkles and glows like a star."

"Taylor I see Him. I see Him. Oh! He is so beautiful. He feels so good. Wow! I love your Bright Light."

He can be your Bright Light too. He belongs to everyone. He is everyone's Father and Mother and Friend. I spend a lot of time with Him and He's my best friend." Amanda laughed and said, "I want Him to be my best friend too."

"He can be. He loves to be with little children. All you have to do is get very, very quiet. Do what we just did together, and only think of the Bright Light and nothing else. If He isn't there right away, close your eyes and look for a beautiful Point of white Light that sparkles and glistens and glows and makes you feel good all over. Then you will be with Him for sure."

Discussion

1. How would you like a powerful best friend like Bright Light?
2. Can anyone be Bright Light's best friend?
3. What do you have to do to be with Him?
4. Do you think He wants to be with you as much as you want to be with Him?
5. Just by getting quiet and only thinking of Bright Light we can all have Him as our best friend. A friend that is always there for us, always loving us, always understanding us, and always on our side.
6. Bright Light is a beautiful point of light that glistens and sparkles and shines.

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

Lesson 3: More About Bright Light



Reading

LEADER READS CHAPTER 5, "TAYLOR'S SLEEPOVER," P. 29-31
(Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

{EXCERPT P.30-31} "TAYLOR'S SLEEPOVER"

After a few minutes of sitting there together very quietly, Taylor pointed to the tiny light in the middle of the painting and softly whispered, "Grandma, do you know God is a Point of Light that glistens and sparkles and glows?"

She looked at him and knew something special had happened to him while he was sitting there. She whispered back, "Taylor, how do you know God is a Point of Light?" Taylor just shook his head and said, "I know."

"I know because God is my best friend. I call Him 'Bright Light'. He is a brilliant Point of Light that sparkles and shines in the most beautiful way. I see Him and talk to Him all the time. I have to be very, very quiet to be with Him, so quiet I can hear my heart beat, so quiet I can hear myself breathe, so quiet He's

the only thought in my mind. He's always there waiting for me to be with Him. He loves being with me as much as I love being with Him. Try it sometime, Grandma. Just think of Him and only Him alone. It feels wonderful, better than anything you've ever done. Try it. You'll like it. I promise."

Discussion

1. What does Bright Light look like?
2. What does it feel like to be with Him?
3. How easy is it to be with Him? Can you be with Him every day? Many times a day?
4. What do you have to do to have Him as your friend? Best friend?
5. Do you spent a lot of time with your best friends? Do you like to spend it alone, just the two of you?
6. When you are with your best friend do you think of other people or just enjoy being together with your best friend?

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 3: MEDITATION

This session will:

- Review participants' attempts to connect with Bright Light since the last session.
- Review reasons for wanting to connect with Bright Light.
- Discuss the mechanics of meditating.
- Include a short meditation.

Review: Discuss any attempts to connect with Bright Light since the last session, why did/did not connect, why might want to try some more. Recall Taylor's positive experiences---would they like to attain?

Lesson: The Process of Meditation

Introduction

Ask what is necessary to connect with Bright Light. Introduce the "big" word "meditation." What do we already know about how to meditate? [Be quiet outside and inside, listen, really hear, connect with Bright Light in our souls]. Do you remember last time when you sat quietly and you just listened to me talk about getting quiet? That is a form of meditation. Many different forms, but all forms aim to bring us to silence and peace inside.

Activity

Take a jar and fill the bottom with a bit of sand. Then, cover with water. Shake the jar so that all the grains of sand begin swirling all around. Tell participants that each of those grains of sand represents a thought. It could be a happy thought, a sad thought, an angry thought. But, the grains swirling around represent all of the thoughts buzzing around in our heads throughout the day. Put the jar down and allow the sand to settle. See how the sand "thoughts" become calmer and the water becomes clearer? The thoughts may still be there, but they are no longer all "crazy." Peace and stillness have taken over. This is what meditation does for us. When things settle down, we can connect with Bright Light.

Meditation

Now we are going to do a short meditation. Before we do I want to remind you of what Bright Light told Taylor about contacting him: "Whenever you feel sad or

angry or jealous, Taylor, just become very, very quiet inside. Become so quiet that there are no longer any thoughts in your mind. Become so quiet that you can hear the grass moving in the wind...In the silence you will always be able to find me and I can give you all the powers you need to be good. These powers will help you to become your true self again...we can be friends whenever you are your true self. So why don't you practice being silent and then we'll meet again?" [from Chapter 1, "Taylor Meets the Bright Light," P.11-13 (Book 1) *Taylor and the Bright Light*].

Instruction

(Have timer set for 5 minutes)

- *Sit still and tall.*
- *Close eyes or softly look out at one spot.*
- *Feel breath go in and out.*
- *When thoughts (like sand) come into your mind, let "sand" fall and return mind to connecting with Bright Light.*
- *When you get very quiet, Bright Light can come to you in your deep silence. [Remind participants no one way to do it, important thing is to keep trying]*

Discussion

Discuss participants' experiences.



Reading

LEADER READS CHAPTER 4, "TAYLOR AND THE FLYING SLED," P.25-29
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P.28-29} "TAYLOR AND THE FLYING SLED"

Later, when Taylor was alone in bed, he thought, "I want to tell Bright Light all about today." He became so quiet that he could hear the snowflakes falling from the trees. So quiet that he could hear himself breathe. So quiet that the only thought in his head was of Bright Light.

Within a second, he was with his friend again. Taylor felt so cheerful inside that he tingled with joy and began to giggle. Taylor said, "I love the way I feel when I'm with you, Bright Light." Taylor could feel that Bright Light loved being with him, too.

Taylor asked, "Was that you doing magic tricks for me, making that snowman juggle and wink at me, and making the sled fly like a magic carpet? Only a wizard could do those kind of things."

Bright Light laughed gently, but didn't say anything. Taylor felt so loved and cared for, and he wished he could feel like this all the time. He decided to find a way to share these feelings with everyone.

Taylor thought, "Bright Light is the only one who can give me the power to share these feelings. I know I can get this power by spending more and more time with him."

Somehow, getting that power seemed more important and special than all the magic of the exciting day he'd had with his family, riding the sled and seeing the snowman juggle snowballs. As he drifted into sleep, Taylor continued to feel the power of Bright Light.

Discussion

Talk about Taylor contacting Bright Light and how he felt. Emphasize how it was getting easier for Taylor to contact Bright Light. Compare to playing a new video game, first few times can be difficult, but gets easier each time.

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

Assignment

Ask participants to meditate this week and report back on their experience.

LESSON CAN END HERE

UNIT 4: MORE ABOUT BRIGHT LIGHT

This session will:

- | |
|---|
| <ul style="list-style-type: none">➤ Introduce the <i>Great Friend</i> aspect of Bright Light.➤ Introduce the powerful aspects of Bright Light.➤ Consider how this <i>Great Friend</i> (with power like a "magic wizard") can influence our lives. |
|---|

Lesson: Bright Light Is Always Here

Reading 1

LEADER READS CHAPTER 5, "ONLY BRIGHT LIGHT IS NEVER TOO BUSY," P.29
(Book 3) *TAYLOR AND THE BRIGHT LIGHT'S MAGIC*

{EXCERPT P.29} "ONLY BRIGHT LIGHT IS NEVER TOO BUSY"

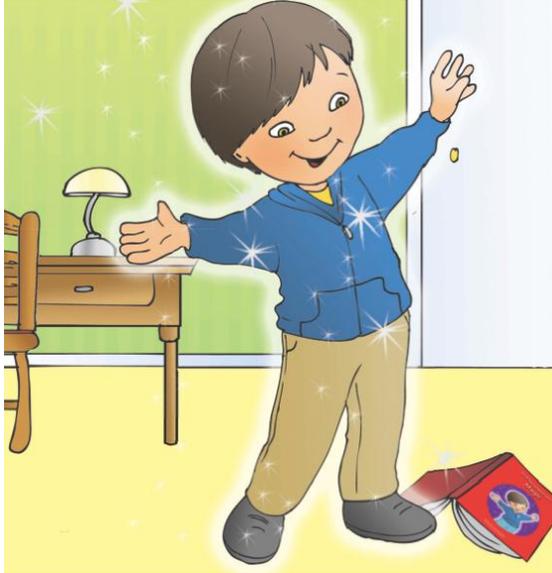
Taylor thought a moment and then said, "I do understand that sometimes I have to wait. But I never have to wait for You. You always seem to be here when I need You, Bright Light." Bright Light very lovingly replied, "I am, and I always will be here for you. All you have to do is to get very, very quiet and only think of Me, and I am here with you."

Discussion

1. Discuss whether they have a special person in their lives who they love to be with and who helps them in time of trouble; can be a friend, parent, relative, teacher, older sibling, etc.
2. Leader will invite discussion about why that person is a special friend and will ask for examples of how the friend has been helpful, special and loving. Will then ask participants to describe the friend's qualities.
3. Leader will continue to elicit descriptive words about the special friend, e.g., patient, kind, understanding, loving, peaceful, helpful, and will list them on chart set up for that purpose.

4. Leader will then introduce the concept of the person's sometimes limited availability, limited understanding, limited power to help because busy, involvement in own problems, self-interest, etc. Not that they aren't caring, loving people, just that every person has "limits." Ask if such situations have been encountered. If not, leader might offer a personal example of how a very good friend could not help in a time of trouble because of the friend's own circumstances.
5. Leader will question "Wouldn't it be wonderful if we could have the ability to be loved, comforted, directed and helped by a Great Friend, who had all power, no matter where we were or what time it was or what we were doing?" How do you think that would feel?

LESSON CAN END HERE



Reading 2

LEADER READS CHAP. 5, "ONLY BRIGHT LIGHT IS NEVER TOO BUSY," P. 27-30
(Book 3) *TAYLOR AND THE BRIGHT LIGHT'S MAGIC*

Discussion

1. Did you ever feel like Mom or Dad or your teacher didn't have the time or the patience for you or your questions?
2. Do you feel bad when people don't have the time to help you? Is it always their fault when they don't have time?
3. Is there someone who always has time for you, always has patience for you and wants to be with you as much as you want to be with them?
4. Is there someone who can always be your best friend, always be there for you, always understand you, and always be on your side?
5. Would you want to be with him as much as possible, especially if all you have to do to be with him is just get very, very quiet, and only think of him?
6. Do you think it would make you feel safe and loved and happy the more you were with him?

7. Leader will then describe how being with Bright Light will actually change our lives---we will be and feel, more loving, joyous, beautiful, and peaceful within ourselves, and will demonstrate those qualities (and other virtues to be discussed in subsequent sessions) to others.

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 5: VIRTUES

This session will:

- Introduce the concept of innate virtues within the soul.
- Introduce virtues of fearlessness and cooperation and the beneficial effects of practicing the virtues.
- Discuss results of practicing and not practicing our virtues and idea of whatever we do comes back to us.

Lesson 1: Learning About the Virtues



Reading 1

READ CHAPTER 3, "TAYLOR BECOMES BRAVE," P. 18-23
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

Discussion

1. What are virtues? ("A virtue is something good that is already part of you and it helps you to do good things. The more you use the virtue, the better

and stronger it gets" and one day it gets so strong that it becomes like a magic power." p.18)

2. Do you know of any other virtues? Can you name them? What is fearlessness? (p.20)

Reading 2

{EXCERPT P.20} "TAYLOR BECOMES BRAVE"

His mother explained, "Fearlessness means not being afraid. It's the same as having courage or being brave when you find something hard to do. This is the perfect virtue for you tonight, Taylor.

Courage is just what you need tomorrow."

Discussion

1. What did Bright Light tell Taylor he had to do to become fearless? (p.21)
2. How did using the virtue help Taylor and the situation? (p.21-23)

Reading 3

{EXCERPT P.21} "TAYLOR BECOMES BRAVE"

Taylor said, "Tonight my card said to be fearless, but I am really scared of the dentist tomorrow."

Bright Light said, "Dentists are wonderful people. They love children so much that they go to school for many, many years to learn how to help them stay healthy. All they want to do is help you take care of your teeth."

Taylor thought about this for a while. Then he said, "I wouldn't be so afraid if you were with me." Bright Light's gentle voice said, "I can always be with you. All you have to do is become very quiet and think only of me, nothing else. As long as you have me in your thoughts, you never have to be scared again. That is how you can become fearless, Taylor. Just remember me the whole time you are doing anything you find difficult, and you will do a good job without being afraid. Try it and see for yourself."

LESSON CAN END HERE

Lesson 2: More About Virtues



Reading

LEADER READS CHAP. 5, "TAYLOR BAKES CHOCOLATE SNOWMEN," P. 31-35
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P. 31-34} "TAYLOR BAKES CHOCOLATE SNOWMEN"

He thought about last night's card - "Co-operation" it had said. "That means helping out and listening to other people's ideas," Taylor thought. "So I really should let Zoë have a turn in deciding what we bake. Maybe I can use some of the powers Bright Light showed me right now."

Taylor thought about Zoë's idea of making chocolate snowmen and decided he wanted to co-operate. So he said, "That's a new idea. Let's try it." When they had finished, Taylor stood back and looked at all the snowmen. "Well... they're different, but very pretty." Then he tasted one, and his face lit up with satisfaction. Taylor said to his sister, "This is delicious, Zoë. What a great idea you had to make them with chocolate." As he was enjoying eating the chocolate snowmen, Taylor thought, "I like co-operating. It's fun because you get to try new things, and everyone feels happy."

Discussion

1. What is cooperation? (p.31)
2. How did using the virtue help Taylor and the situation? (p.34-35)
3. Can letting others have their way make you and them happy and peaceful?

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 6: FAMILY

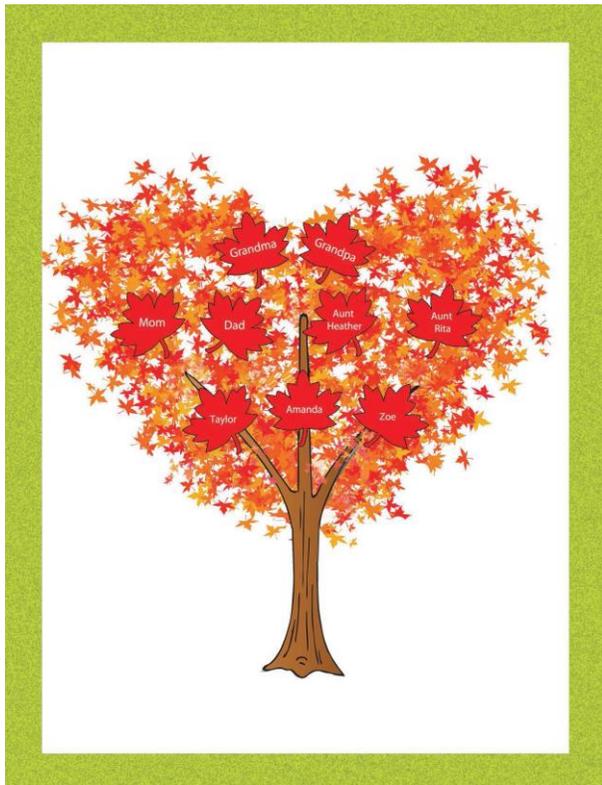
This session will:

- Introduce the concept that since Bright Light is the Parent of us all, we are all brothers and sisters .
- Describe how we can teach others about our common Parent just as Taylor did.

Lesson: We Are All Brothers and Sisters

Activity

Leader will begin with a discussion of what a family tree is. Students will then create a family tree.



Reading 1

LEADER READS CHAPTER 7, "TAYLOR'S FAMILY TREE," P.39-41
(Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

Activity

After discussing how Bright Light is the Parent of all, participants will revise their family tree to add the names of Leader and other participants on their family tree. (Leader should prepare a list of these names in advance.)

Discussion

Leader will then ask: "What do you think your family will say when you show them your family tree with so many more brothers and sisters? How will you explain that? Can you teach them about Bright Light being the Parent of us all?"

Leader will then explain that Taylor had the same issue when he tried to teach his sister Amanda about Bright Light.

LESSON CAN END HERE

Reading 2

LEADER READS CHAPTER 11, "TAYLOR TELLS HIS SISTER ABOUT THE BRIGHT LIGHT," P.61-65

(Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

Discussion

Leader will then ask: Is there anyone you would like to teach about Bright Light?
What would you say?

Meditation

Leader will then invite participants to contact Bright Light by leading them into meditation:

Now we are going to do a short meditation. Before we do, I want to remind you what Bright Light told Taylor about contacting him: "Just become very, very quiet inside. Become so quiet that there are no longer any thoughts in your mind. Become so quiet that you can hear the grass moving in the wind. In the silence you will always be able to find me. So why don't you practice being silent and then we'll meet again?" [from Chapter 1, "Taylor Meets the Bright Light," P.11-13 (Book 1) *Taylor and the Bright Light*].

"Now we will meditate."

Instruction

(Have timer set for 5 minutes)

- *Sit still and tall.*
- *Close eyes or softly look out at one spot.*
- *Feel breath go in and out.*
- *When thoughts (like sand) come into your mind, let "sand" fall and return mind to connecting with Bright Light.*
- *When you get very quiet, Bright Light can come to you in your deep silence.*

Discussion

Discuss participants' experience.

[Remind participants no "perfect" way to meditate; important thing is to keep trying]

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 7: WE ARE LIGHT

This session will:

- Build on Lesson 6 (all are brothers and sisters) by inviting participants to see themselves and each other as beautiful stars of light.
- Include a meditation with intent of sending good wishes to specific loved ones.
- Include a meditation with intent of sending good wishes to all our brothers and sisters around the world.

Review: Participants will discuss prior lesson by asking whether anyone discussed their family tree at home. How did they explain the "extra" brothers and sisters? Reaction?

Lesson: We are All Beautiful Stars of Light

Discussion

Leader will explain that we, like Taylor, can learn to see each other as brothers and sisters, and to send them our good wishes.

Reading 1

LEADER READS CHAPTER 3, "THE POWER OF GOOD WISHES," P.19-21
(Book 3) *TAYLOR AND THE BRIGHT LIGHT'S MAGIC*

{EXCERPT P.19-21} "THE POWER OF GOOD WISHES."

The sweet singing of the birds in his backyard woke Taylor from his sleep very early on the morning of his birthday. Taylor smiled at the sweet sounds and thought, "I want this birthday to be special."

Then he remembered, "It was really special when I introduced my little sister to Bright Light, it made her very happy. I wonder if I can do the same with the rest of the family? What a great gift that would be for all of us." Just the thought of that made Taylor extremely happy.

He closed his eyes and in a half dreaming and half awake state, like an x-ray he saw his sisters in the next room as beautiful glowing stars of light with a thin golden thread coming from the top of their heads connecting them to Bright Light.

So thrilled about that, he brought his thoughts to his parents' room and with his special x-ray vision tried to see them as stars of light, too.

To his amazement, it worked. He saw his mom and dad as beautiful glowing stars of light and just like his sisters, they had a thin golden thread coming from the very top of their heads, connecting them to Bright Light also.

Bright Light looked more beautiful than ever, glowing in a most magnificent pure white light that sparkled with tiny brilliant golden- orange stars vibrating all around Him. Everyone was at their best, and Bright Light was pulling them all to Him.

Taylor wanted to share this with Bright Light. He was already in deep silence so he just thought very deeply of Bright Light, and He was there. "Bright Light, did you see what I just saw? My sisters and Mom and Dad were all beautiful stars of light and were connected to You with golden threads."

Bright Light was amused by Taylor's amazement at this and said, "Taylor, you were just seeing them as they really are, as souls, beautiful stars of light. It would be a very good practice for you to start seeing everyone that way, as beautiful stars of light."

"But what about the golden threads?" Taylor asked. Bright Light answered, "Everyone is connected to Me, they just don't know it, but they all belong to Me, and I belong to all of them."

Taylor became very quiet and very happy knowing that Bright Light belongs to everyone. His pure wish was that everyone could experience Bright Light's love and magic the way he does, and that Bright Light could be their very best friend too.

Discussion

1. How were Taylor's sisters connected to Bright Light?

2. Was it a soul to soul connection?
3. Do all of us have a soul that can easily connect to Bright Light?
4. What method would we use to connect? [Get very, very quiet and only think of Bright Light .]
5. Is Bright Light always available for us to be with Him?
6. How do you think it feels to be with Bright Light, just the two of you? Would you feel very special?
7. Did you ever have a special friend that you wanted to be alone with and have all their attention all for you?
8. Can we be with Him in a second, any time we get very, very quiet and only think of Him?
9. Does Bright Light love being with us as much as we love being with Him?
10. What good wishes the participants would like to send to loved ones.
What kind of good wishes might we send and to whom?

Meditation

Meditate to send the chosen good wishes to loved ones.

Now we are going to do a short meditation. Before we do, I want to remind you what Bright Light told Taylor about contacting him "Just become very, very quiet inside. Become so quiet that there are no longer any thoughts in your mind. Become so quiet that you can hear the grass moving in the wind...In that silence you will always be able to find me." [from Chapter 1, "Taylor Meets the Bright Light," P.11-12 (Book 1) *Taylor and the Bright Light*].

When we are together with Bright Light in silence we can send good wishes to our loved ones.

Instruction (Have timer set for 5 minutes)

- *Sit still and tall.*

- *Close eyes or softly look out at one spot.*
- *Feel breath go in and out.*
- *When thoughts (like sand) come into your mind, let "sand" fall and return mind to connecting with Bright Light.*
- *When you get very quiet, Bright Light can come to you in your deep silence.*

Discussion

Discuss participants' experience.

Meditation

Now we are going to meditate to send good wishes to every soul around the world. Discuss what kind of good wishes we might send. [*Repeat instructions*].

Instruction

(Have timer set for 5 minutes)

- *Sit still and tall.*
- *Close eyes or softly look out at one spot.*
- *Feel breath go in and out.*
- *When thoughts (like sand) come into your mind, let "sand" fall and return mind to connecting with Bright Light.*
- *When you get very quiet, Bright Light can come to you in your deep silence.*

Discussion

Discuss participants' experience

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 8: LOVE

This session will:

- Invite participants to discuss human love, what it looks like, feels like, what it causes people to do for each other.
- Introduce topic of Bright Light's love---how Taylor and we can experience Bright Light's love and the power it brings.

Review: Participants will discuss the ways Taylor and his family have shown love for one another (from prior readings, e.g., when we do family activities together, when we teach each other, when we practice the virtues, etc.).

Lesson 1: Loving Experiences

Discussion

1. Do participants experience the same or other experiences in their homes and/or with loved ones?
2. What is the loving experience like, how does it make you and the other person feel?



Reading

LEADER READS CHAPTER 6, "TAYLOR LEARNS ABOUT REAL LOVE," P. 37-43
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P.38-42} "TAYLOR LEARNS ABOUT REAL LOVE"

So Taylor quietly tiptoed back into the house and picked up his new, shiny, red shovel. As he started shovelling with his red shovel in the white snow, Taylor felt good about doing something to help his father. He thought, "Dad and Mom are always helping me and my sisters because they love us."

He remembered the virtue card he had picked from the pack last night - it had the word "Love" written on it, and his mother had explained, "Love means caring for someone and treating them just like you would like them to treat you." Taylor wanted to help his dad and let him know that he loved him very much.

While he worked, Taylor had lots of fun with his new red shovel. And he loved feeling the snowflakes falling on his nose and eyelashes as he made a path. He was surprised how easy it was to move the snow. It was so light and fluffy!

Taylor thought, "This is as much fun as making a snowman, and I get to help Daddy, too."

Taylor's dad spotted the little red shovel standing up in the snow and asked, "Taylor, did you do all this work all by yourself?"

Taylor smiled a great big smile and nodded his head, to say "Yes," feeling very pleased with all his hard work. He felt proud inside - as proud as a little prince.

Taylor's dad picked him up and hugged him, and then they all started shoveling together to finish the job. When they had finished and the path had no more snow on it, the children ran off to play in the snowy garden. Amanda and Zoë lay down and made snow angels with their arms and legs.

The sun was shining brightly in the blue sky by now, and Taylor felt as if it were kissing his cheeks. He was having such a wonderful morning that he wanted to share everything with his new friend Bright Light.

Bright Light said, "Taylor, I'm glad you know how wonderful it is to help others. It makes them feel so special that you cared enough to do all that work. And when you do something with love, any job becomes easy, no matter how difficult it is. When you give with this kind of love, you are giving from your heart, and don't need anything in return."

"Well, thanks, Bright Light!" said Taylor, glowing with pride.

But Bright Light hadn't finished, "Moving all that snow for your dad shows that your virtue of love has now become a special power."

Taylor was so excited that he was finally increasing his powers. He started thinking about other ways he could help his parents - to practise using his new power and also to show them how much he loved them.

Discussion

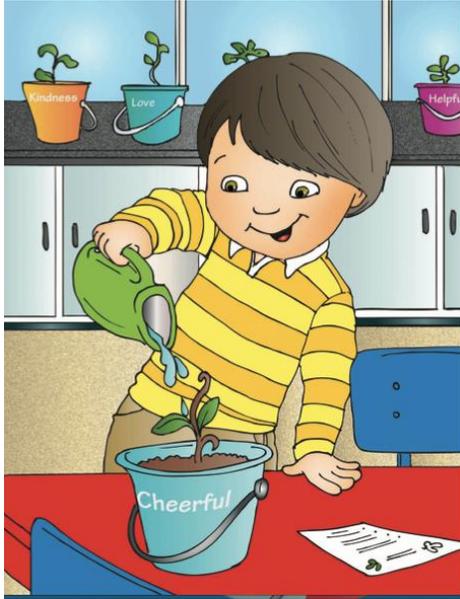
Have participants further discuss human love.

LESSON CAN END HERE

Lesson 2: Bright Light's Love

Discussion

Introduce topic of how Bright Light and Taylor love each other. How has Taylor experienced this love?



Reading

LEADER READS CHAPTER 8, "TAYLOR'S MOTHER'S DAY GIFT," P. 43-49
(Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

{EXCERPT P.46} "TAYLOR'S MOTHER'S DAY GIFT"

He remembered he had to get very, very quiet. Even though his knee was hurting, he got so quiet, he could hear his tear drops falling on his cheeks, so quiet, he could hear the twins fighting in their room over whose turn it was to use the computer, so quiet that his only thought was of Bright Light.

Within a second, he was with his friend, Bright Light. A smile came on his face and he felt peaceful and happy. He felt loved and protected and safe. He forgot what had made him so very sad only a moment before.

Taylor's love for his friend, Bright Light, and Bright Light's love for Taylor was so powerful that it filled the whole house. Nothing else mattered but this wonderful feeling of love.

Discussion

1. Taylor's love for Bright Light and Bright Light's love for Taylor was so powerful that it created magic.
2. We can become very powerful just by having loving thoughts of Bright Light.
3. The virtue of Love is very, very powerful and it feels good too.
4. Bright Light is a friend who is always there for you, always loves you and is always on your side.
5. Wouldn't you want to spend all your time with such a special friend?
6. How do we connect to Him and spend our time with Him?
7. How does it feel?

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 9: SOUL WORLD

This session will:

- Introduce the “world of souls” from whence we come and return, and the beauty and freedom connected therewith.
- Reinforce that Taylor and we are souls with bodies (not the other way around).
- Reinforce the essential characteristics of the soul, i.e., the qualities and virtues which we have been discussing.

Lesson 1: The Soul World



Reading

LEADER READS CHAPTER 9, “TAYLOR BECOMES A STAR OF LIGHT,” P.58-65
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P. 63 -65} “TAYLOR BECOMES A STAR OF LIGHT”

He said, “Bright Light, I love it here in India, and tonight I saw so many beautiful stars in the sky. I feel like I can reach up and touch them.”

Bright Light replied in his gentle voice, "I am going to take you somewhere special, Taylor. You won't remember this place, but you have been there before." In a second, Taylor was in a beautiful place surrounded by tiny lights. "I've never seen anything so incredible," he said. "This is way better than ice cream, or pizza, or birthday parties with piles of presents. This is the coolest thing ever!" Taylor stood in amazement and just looked around. Everywhere he saw beautiful tiny stars of light. Then he looked down at his feet, but they weren't there. He looked at his hands, but they weren't there. He looked at his tummy, and it wasn't there either. Taylor had become a bright star of light, just like all the other lights.

He was so excited, he started to shine even brighter than before. "I want to stay in this place as long as I can. I want to stay right here beside you, Bright Light." Then, to his disappointment, the special place suddenly disappeared. Taylor was alone again, with his friend.

Taylor asked, "What was that place? What happened to my body? How did I become a beautiful, shiny star of light?" Bright Light replied, "That was the world of souls. We all come from there, but no one remembers being there. When we are there, we are all stars of light - or souls.

The soul is filled with all the virtues that you have been practicing: peace, love, purity, happiness, generosity, co-operation, cheerfulness, fearlessness, honesty, discipline, and simplicity.

As you saw, when we are just souls, without our bodies, we have no hands or feet so we can't do anything.

That is why we need a body. But you are really a soul - a shiny star of light - you are just using your body to do things."

Taylor thought about this for a long, long time. "I was so beautiful when I was a bright star of light. I felt so free.

I want to go back to that place again. I'll ask Bright Light to take me there another time."

Discussion

1. How did Taylor feel about India? Where did Bright Light take Taylor?
2. Why did Bright Light say Taylor had been there before? What did the soul world look like?
3. How did Taylor change in the soul world? What did Taylor become?
4. What virtues were in Taylor's soul?
5. Are these virtues in everyone's soul? How did it feel for Taylor to be a soul without a body?
6. Can we imagine something wonderful and peaceful like the soul world here on earth, while we still have our bodies?
7. Does anyone remember any times when Taylor felt so happy and peaceful and joyous when he was not in the soul world?
8. When, and what were the circumstances?

LESSON CAN END HERE

Lesson 2: More About the Soul World

Reading

READ: "THE POWER OF SILENCE" {new story- unpublished}

"THE POWER OF SILENCE"

After all the excitement of the holidays everyone was tired and decided to go to bed early. Taylor and the twins took their baths and then Dad read them a bedtime story, kissed them good night and turned off the light.

Before going into his bed Taylor sat by his window gazing up at the stars. He just wanted to be very, very quiet and enjoy the beautiful stars. It brought him into a deep feeling of silence, which felt very good and reminded him of when his dearest friend, Bright Light took him to the most beautiful place he had ever been, where there were only stars of light, the Soul World.

Traveling to the Soul World was one of the most magical experiences he ever had. It was so quiet and beautiful. There were only bright shining stars of light everywhere.

Taylor had never felt so peaceful, calm and safe, like he was wrapped up and cuddled in a blanket of love. There was no sound there, only wonderful vibrations of peace and love.

Taylor remembered feeling so special there, seeing all those stars of light. Then when he looked at his hands they were not there, and when he looked down at his feet they were not there, then, when he looked at his tummy it was not there either. He also had become a star of light, and he got so excited he shone brighter and brighter.

When he asked Bright Light what happened to his body and how come he felt so very good there, Bright Light explained to him. "We all come from the Soul World. When we are in the Soul World we are very pure and that is why we feel so good.

"We are just stars of light there, so we can't do anything but shine because we don't have a body. When we come down here to earth we get a body with arms and legs so we can do things."

Then Bright Light reminded him to always remember he is a Soul not a body, and to remember all the virtues he has been working on like peace, love, courage, cooperation, tolerance, and determination, are all in the Soul.

Taylor loved this feeling of silence and realized he can go to the Soul World whenever he wants to just by getting very, very silent. He started feeling a very interesting power in this silence.

Then he realized his favorite times were when he was with his friend, Bright Light, and that those were times of deep silence and very powerful times as well.

He wanted to ask Bright Light about this. He was already very quiet so he just closed his eyes and visualized a beautiful, brilliant, glowing white light and thought of Bright Light, and He was there.

As if Bright Light could read Taylor's mind He answered him, "With the power of silence you can go deep into your Soul and awaken all the wonderful things within you that you don't even know you have. All your creativity is buried deep within you and wants to come out.

"You will be amazed, you have your very own magical power within you. When you release that power and learn how to use it, you will reach a point where your smile will light up the room and your thoughts will create magic."

Taylor became very excited at the idea of having magical powers that just had to be released by going into deep silence and spending more time with his best friend, Bright Light.

"This is just what I've always wanted, to be more and more like Bright Light. I'm really going to work on this. This is easy. This is the best news yet."

Discussion

1. What is the most beautiful place Taylor has ever been?
2. What does the Soul World consist of? What does it look like?
3. What does it feel like?
4. Are the stars especially beautiful? Can you describe them?

5. How did Taylor look there?
6. How did he feel there?
7. What happened to his body there?
8. Is that a place you might want to go?
9. Did being pure make him shine and feel good?
10. What is deep within your soul?
11. How can you awaken all the wonderful powers and magic deep within your soul?

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

UNIT 10: POWERS

This session will:

- Include discussion of the idea that our current world can be much more loving, beautiful, and special if we all practice the virtues here on earth.
- Deal with the concept of changing the world by our relationship with Bright Light and the practice of the virtues.
- Summarize the lessons we have learned and how they can be put to use as we too become "angels" of peace and love.

Lesson 1: Practicing Virtues

Discussion

Leader will introduce the idea that if everyone tried very hard to practice the virtues, even while we are here on earth, we could have a life that is filled with much peace, love, joy, and beauty.

Leader: "I am now going to read a story that paints a picture of how earth might look if everyone practiced the virtues."



Reading

LEADER READS CHAPTER 6, "TAYLOR'S GOLD CROWN," P.33-37
(Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

{EXCERPT P.33-36} "TAYLOR'S GOLD CROWN"

As they walked around looking for the kite, Taylor saw a shiny golden crown sitting on a shelf. He walked over and picked it up, and put it on his head, suddenly he felt so wonderful like a little prince.

He asked, "Grandma, can we get this instead of the kite?" Grandma Bobby said, "Taylor, are you sure you want that instead of the beautiful kite with the rainbow?" Without hesitation, Taylor said, "Yes, Grandma!"

They took the shiny golden crown to the cashier to pay. At that moment, Taylor remembered that the virtue card he had picked the night before was 'Generosity'. It said, "Generosity is giving and sharing. It is seeing a chance to share what you have, and then giving just for the joy of giving, not wanting anything in return for it."

Taylor remembered Zoë and Amanda and how he was learning to share everything with them. He asked Grandma Bobby, "Can we get two more crowns for Zoë and Amanda?"

Grandma Bobby smiled at him and said, "That is a very nice idea to share with your sisters. Let's get two more."

As Taylor looked at the airplanes, they reminded him of the little airplanes he had seen when the Bright Light showed him the beautiful New World, the Golden Age.

As soon as he remembered that, Taylor wanted to be with his friend, Bright Light. He got very quiet, so quiet, he could hear the motors of the airplanes way up in the sky, he got so quiet, his only thought was of Bright Light.

Within a few seconds, Bright Light was with him. Taylor felt that wonderful happiness and peacefulness he only felt when he was with his friend Bright Light.

Bright Light knew the desire of Taylor's heart, and as if a door had opened to that beautiful world, Taylor saw himself again, dressed like a prince, with a golden crown on his head, sitting in a little airplane.

The airplane was on the ground, like when Taylor was waiting in the big airplane that took him and his Mom and Dad to India. He looked around, and saw that all the other people there were dressed as beautifully as he was. Everybody was happy and smiling at him, looking like princes and princesses.

Taylor loved the feeling of being a little prince, very royal and very special. It made him feel so special that he made up his mind to behave like a little prince from now on.

He remembered that Bright Light had told him that if he is Determined, he will have success. He liked that, and so he thought to himself that he would just remember his friend, Bright Light every time he wanted to behave like a prince and have success.

Discussion

1. What virtues did Taylor practice in this story?
2. How did Taylor feel about himself? Why?
3. Why did everyone feel like princes and princesses?
4. Leader to ask participants to choose a virtue that they would like to practice.
5. Discuss characteristics of the virtue chosen and how it might be used.
Would practicing this virtue make you, others, and the world a better place?
How?

Meditation

Leader to begin a meditation wherein the participants make contact with Bright Light and ask for help in practicing the chosen virtue, just as Taylor did.

Instruction

(Have timer set for 5 minutes)

- *Sit still and tall.*
- *Close eyes or softly look out at one spot.*
- *Become very, very quiet.*
- *If thoughts come into your mind, let them fall like the sand in the jar of water and return your thoughts to connecting with Bright Light.*
- *When you get very quiet, Bright Light can come to you in your deep silence. Then you can silently ask Bright Light to help you to practice the virtue you chose.*

Discussion

Discuss participants' experience.

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

Assignment

Remind participants to try to practice their chosen virtue and to come prepared to discuss their experience in the next session.

LESSON CAN END HERE

Lesson 2: Experiencing the Powers of the Virtues

Discussion

Why people become angry and afraid? What the angel does about it (one person/ house at a time). How Bright Light explains the angel's work to Taylor.



Reading

LEADER READS CHAP. 12, "TAYLOR EXPERIENCES THE POWER OF THE VIRTUES," P.67-71

(Book 2) *TAYLOR AND THE BRIGHT LIGHT'S BOOK OF VIRTUES*

{EXCERPT P.68-70} "TAYLOR EXPERIENCES THE POWER OF THE VIRTUES"

Taylor felt very calm and peaceful being with her. "But if peace is our nature why do people argue and fight and why do people hurt each other?"

The angel girl looked at Taylor very lovingly and said, "Because they have forgotten who they really are. They are pure, loving, peaceful souls, but their wings are broken so they have lost their true identity and their power.

We have to help them to remember who they really are by being pure, loving and peaceful to them no matter how they act."

She took Taylor's hand and they magically flew up in the bubble. They went up and up higher and higher past the trees and the houses Taylor felt great as if he was floating in the air. He felt light as a feather almost weightless.

As they passed over a house the doves all flew out of the bag and each one had his own string of colored hearts that made an arch. It looked like a rainbow of hearts and each heart sprinkled their own beautiful sparkling colored dust over the house.

Taylor asked "What are they doing? It feels so good." "They are removing the cloud of sadness by filling the atmosphere with peace and love and helping people remember that they are peaceful loving souls and that is their real nature."

"Wow that feels wonderful. Can we go to every house and do it? Can we go to the school yards?" "Yes, that is our plan to go everywhere. Do you want to come?" "Of course I do. Let's go."

And that's what they did. Every time they got to a house or a school the doves would fly out of the bag and sprinkle their magic sparkling rainbow dust cleansing and energizing the atmosphere with peace and love.

[Taylor said,] "Bright Light an angel just visited me. It looked like she fell down from a star, she was in a magic bubble. The magic bubble took us up, up in the sky past the trees and the roof tops and she had doves that sprinkled magic glitter that spread peace and love where ever we went."

"Was I dreaming or was she real? I felt wonderful being with her." Bright Light replied, "The angel has developed her virtues into Powers that are so strong that she can bring about a change in the world. That is what you are working towards, being able to spread vibrations of peace and love in the world."

Taylor asked, "Can I ever become so Powerful?" Bright Light lovingly answered, "You have already made a good start. Just keep spending more and more time with Me and always try to use the virtues you have been working on and one day you will be like that angel."

Taylor knew that was going to be the most important thing to him now and he was determined to work at it. He knew it would make Bright Light very proud of him.

Discussion

1. How did the angel answer Taylor's question, "But if peace is our nature why do people argue and fight and why do people hurt each other?"
2. How did they remove the cloud of sadness?
3. What did they replace the sadness with?
4. What did they sprinkle to cleanse and energize the atmosphere?
5. How was the angel able to bring about a change in the world?
6. How is Taylor going to become as powerful as the angel?

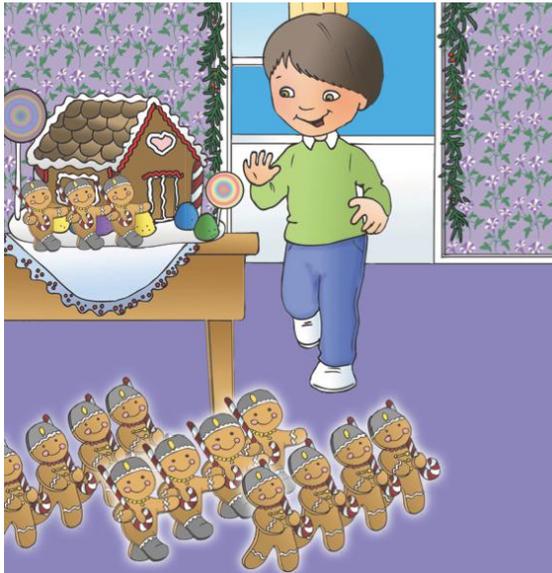
Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

Lesson 3: The Power of Thoughts



Reading

LEADER READS CHAPTER 13, "GINGERBREAD MEN," P.67-70
(Book 3) *TAYLOR AND THE BRIGHT LIGHT'S MAGIC*

{EXCERPT P.69-70}

"GINGERBREAD MEN"

Before going up to his room Taylor went to look at his Nutcrackers and what do you think he saw?

To his surprise, the Nutcrackers had picked up the candy canes, put them on their shoulders like swords, and were marching around the gingerbread house. They looked like the soldiers in the ballet.

Taylor could not believe his eyes. How did they come to life? They still looked like cookies but they were moving as if they were alive. "I really need to talk to Bright Light about this one." He got very, very quiet. So quiet, he could hear the footsteps of the Nutcracker cookies marching. So quiet, he could hear the crunching as they marched over their own crumbs. So quiet, the only thought in his head was of Bright Light.

All of a sudden he felt that warm glow of love and peace he always felt when he was with his Friend. "Bright Light, you're here. I don't know what is going on but

these Nutcracker cookies have come to life. Look how they are marching as if they are real soldiers."

Bright Light answered him saying, "Your thoughts are becoming very powerful. You were thinking about the Nutcracker coming to life and becoming a handsome prince ever since you saw him in the ballet yesterday and look what your thoughts created.

"Make sure you keep your thoughts very good, kind, caring, sweet, and positive because they are very powerful. You can create fun like this, or if your thoughts are not nice, you might create something not so nice. Always remember: what you think is what you create and what you become.

"You can cancel wonderful things that are possible with negative thoughts and you can create what seems impossible with positive determined thoughts. It's all up to you. Your thoughts are the place where magic is created and nurtured."

Discussion

1. What happened to the Nutcracker cookies?
2. Do you think that could really happen?
3. What did Bright Light say created this magic?
4. Do you think you can create with your thoughts?
5. What kind of thoughts do you think you need to create beautiful things?
6. Do you think you can keep your thought positive and loving?
7. What is the most positive thought you can have?

Summary

{See last page for a form with boxes to fill in}

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LESSON CAN END HERE

Lesson 4: KARMA- The Power of Actions

This session will:

- Learn about Karma, that is cause and effect.
- Become aware that our actions will create reactions.
- Learn to take responsibility for our actions.
- Become aware whatever we give out we get back, there is no one to blame.



Reading

LEADER READS CHAPTER 7, "TAYLOR MAKES PIZZA," P. 45-51
(Book 1) *TAYLOR AND THE BRIGHT LIGHT*

{EXCERPT P. 49, 50}

"TAYLOR MAKES PIZZA"

"I need to talk to Bright Light," Taylor thought. "I want someone who will be on my side. I need to become very, very quiet, but my heart is pounding. I'd better take a few deep breaths and calm down. Let me think about what Bright Light looks like and what he feels like."

"Ah! That feels much better now," said Taylor. "Bright Light, I'm so glad you're here. I really need to talk to you. Everybody is picking on me. First Zoë hit me and then Dad yelled at me for hitting her back. But she hit me first. She always hits me first and I'm supposed to just let her because she's little. That's not fair."

"Taylor," said Bright Light in such a loving way that Taylor felt better right away, "you love it when you are peaceful and happy don't you? But you can't have any peace when you feel angry or are fighting with others. Peace only comes about when you are loving and helpful and co-operative."

Bright Light answered Taylor, very softly, asking "Does it feel right when you fight?"

Taylor thought about it for a minute and then he shook his head. "No, it doesn't. It feels awful to fight. It makes my tummy hurt, and my head, too."

Then Bright Light gently said, "Taylor, whatever you do comes back to you. If you hit your sister, she'll keep hitting you. If you stop, she will stop, too. If you do good things, good will come back to you. So it's important to stay loving and helpful no matter what.

Your little sister will learn how to behave by the way you treat her. Treat her with love and kindness and that's what you will get back. Learn to accept her until she learns to be gentle and loving from your example.

You have the special gift of being loving, co-operative, helpful, happy, and good. You know that goodness is the real you. Don't let anyone hitting you or yelling at you make you forget the real you. Always treat everyone the way you want them to treat you, and that's what will come back to you."

Taylor became very quiet for a while. Finally he said, "Yes, I would like everyone to be loving and helpful to me, so that is how I will act with other people from now on."

Discussion

1. What happens when we forget to practice our virtues? How did Taylor feel after he hit Zoe? (p.50) What did Taylor's Dad say about hitting? (p.48)
2. What did Taylor tell Bright Light about everyone picking on him? (p.49)
3. Was Bright Light angry with Taylor? (No, loving and accepting but truthful, p. 49).

4. What did Bright Light mean when he told Taylor that "whatever you do comes back to you"? (p.50)
5. Have you ever had a situation where you treated someone in an angry way and they became angry with you?
6. How about if you treated someone kindly and then they treated you kindly?
7. How did Taylor and Zoe treat each other after Taylor came downstairs to eat his pizza? (p.51)
8. Did Taylor have a new understanding about how his behavior would effect how his sister would treat him?

Summary

{See last page for a form with boxes to fill in}

Things I learned today.
Things I found interesting.
Questions I still have.

LESSON CAN END HERE

SUMMARY: UNITS 1-10

Leader challenges participants: "Now that we have had 10 full sessions of learning, we are ready to be an "angel" to the world because of all that we have learned and practiced."

Here are just some of the topics that we have covered that make you ready to meet with Bright Light, to practice the virtues, and to be an angel to the world.

Review (Some or all) of the main concepts of the 10 sessions:

Who am I?

What the soul is like?

How to contact Bright Light.

The process of meditation and quietening thoughts like the sand falling in the water.

How spending time with Bright Light can change our lives.

Learning about different virtues and how to practice them.

Understanding we are all brothers and sisters with one Parent.

We are all beautiful stars of light.

We come from the Soul World.

The power of silence helps us awaken our own powers and magic.

We can meditate and send good wishes to our loved ones and to the world.

Powerful love creates magic.

Powerful thoughts create magic.

How we treat others effects how they will treat us. That's how we create Karma.

Virtues and our relationship with Bright Light allow us to become angels of peace and love.

We can change ourselves and the world with these powers and virtues.

FINAL CLOSING CEREMONY

Exit Slip

3	Things I Learned Today ...
2	Things I Found Interesting ...
1	Question I Still Have ...

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