



Spirituality for Children

(ages 8 to 14 and all ages everywhere)

Rev. Dr Joy Kachel

Series I - The Foundation

Unit 1 - The Basics

Lesson 3 - **Who Am I? What is my purpose in life? Why am I here?**

Who am I? This is a question that people have been asking themselves and each other since they first became aware of themselves as different from the animals they hunted. The question, *What is my purpose in life; why am I here?* follows after self-awareness and indicates a sense of time and a need for a specific reason for existing. It also shows the idea of the presence of something greater than self alone, a power that guides and directs a person's role in life. Purpose can be governed by gender (male or female), position within the group (leader, servant or slave, worker, warrior, priest, teacher, etc.), wealth, intelligence, talent and preference. The idea of a purpose in life also assumes Laws about what roles are appropriate and available in a society and the value or worth of a person is often based on how well their role is accepted and performed. Ideas of *good* and *bad* are often assigned based on how well a person fulfills their particular purpose. A person's purpose in life in our culture nowadays is often seen as general. One's reason for being (*Why am I here?*) may be seen as simply to be "happy" or as in serving a cause like helping the poor or disabled or rescuing stray animals.

Who I am? often remains the same throughout life as the answer is spiritual in nature. We are Love; we are the children of God and as such are innocent and perfect in spirit. A person's *purpose* often changes with the

different phases of their physical life. A child may have the purpose of learning those skills that will serve them when they grow up. As an adult, a woman may have the role of mother as her purpose and later in life she may have a very different purpose. The same applies to men. Today these roles are not as separate or as different as they once were even 25 years ago. But the idea of recognizing one's purpose may be even more challenging as role definitions change and expand. Our spiritual purpose is to realize who we are.

Looking at the *Who am I?* question from a spiritual point of view includes two things: 1) Your identity as a physical body and 2) your identity as eternal spirit. The first is you as a person living in this dualistic world with all its unpredictability and change. This *material who* is governed by the Laws of the physical world including science, our genetics, our placement in time and space, our family & friends, our education and our *karma* (See World Religion Terminology #81) or the events and experiences of our limited physical lives. The *spiritual who* is governed by the Metaphysical Laws of the Eternal, by *Spirit*. (See *The Metaphysical Laws of the Universe* in the References section IV, of this lesson) Three of these Laws are very important to understand are: a) *We choose how we respond to things that happen in our lives and our choices/responses effect the direction of our lives.* b) *We attract that which we put our attention to.* c) *We have only this moment in which to live and consciousness is present in the Now.*

Other way to say these Laws is:

We decide who we will become

- by the thoughts we think,
- by the words we choose,
- by the actions we take.

Our words create our worlds.

And our thoughts create our words.

So we should be careful of the thoughts we choose!

I am responsible for all I think, say and do. Today I choose to make all my decisions based on Love instead of fear.

Reflection For Deeper Understanding

I. Meditation - Reading the Map of your Life

Sit on the floor with your legs crossed or in a chair with your feet on the floor. Don't cross your ankles or sit with your feet straight out. Let your hands lie quietly in your lap, palms up. Take a few deep breaths and feel the air move through your body. Continue breathing deeply until you feel your body relax. Now close your eyes and focus on the stillness inside. Let your thoughts float by when they appear. Don't follow them, just let them go. See them drifting away like in a bubble or a balloon in the breeze.

Today we are going to take a journey to a beautiful place full of love and peace and angels. See in your mind all the heavenly creatures whose purpose it is to guide, protect and assist you in finding and living your true life purposes. As you look around, you see a huge white archangel walking towards you. It's Michael, the Protector, with his flaming sword. He stops in front of you and bows. He tells you that he is always there for you, protecting you from harm and assisting you on your earthly path. Michael then puts down his sword takes out and hands you a scroll, a map for your life here. You unroll the scroll which reveals your path and purpose for 7 phases of your life. Take a minute or so to study your life map and what it shows you for what your purpose is at this phase, right now.

After you have a chance to study this map for a few minutes and feel confident that you understand your goal for this time in your life, you roll the scroll up again and place it back in Michael's outstretched hands. You thank him for this opportunity to meet with him and for his assistance and protection. He tells you that you can visit him and the other angels here any time you want or feel the

need for guidance. He tells you that next time there may be a different angel who comes to talk with you. After blessing you, he tells you to sit down with your eyes closed just absorbing the light and love of this place.

Completely relaxed and comfortable, with the knowledge of your immediate purpose, you slowly allow yourself to return to your room and your body. When you feel fully present in this time and space, you can open your eyes.

II. Contemplate and Research the following questions - ask yourself, your parents, other adults, your friends, look it up on the internet or find it in a book. Make sure you understand the ideas:

1. Do you know who you are as a physical being? What do you see when you look in the mirror?
2. Is there more to you than just what you can see, feel, hear, smell & taste? What?
3. What is your purpose in life right now? What is the main thing you need to accomplish at this time of your life? How will your purpose change as you get older?
4. Why do you think you are here? What do you think is your spiritual goal?
5. Look up the following 15 words in a dictionary:
 - a. Self-awareness
 - b. Purpose
 - c. gender
 - d. Indicate
 - e. Role
 - f. Preference
 - g. Appropriate
 - h. Phase

- i. Identity
- j. Dualistic
- k. Unpredictability
- l. Genetics
- m. Metaphysical
- n. Karma
- o. Responsible

III. Activities

1. Ask your parents and other adult family members what they understand to be their purpose in life. Record the results.
2. Read the following statement and explain what it means. What do you understand the words Love & fear to mean?

I am responsible for all I think, say and do. Today I choose to make all my decisions based on Love instead of fear.

3. *Dualistic* refers to the either/or way of looking at things - opposites that require the existence of both ideas for one to have meaning. Complete the chart by finding the opposite words:

Who Am I? Opposites

<i>Spiritual Who am I?</i>	real	think	light	give	life	one	know	spirit	eternal	love
<i>Physical Who am I?</i>										

IV. Reference Materials

1. World Religions Terminology
2. *The Metaphysical Laws of the Universe*