

Spiritual Activity Workshop:
Children and Youth/Adults Learning Together
Printable resources are included

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Making Better Choices - Using Our Three Natures

General Introduction

This Material is designed for workshops/conferences, children's classes, families, and individual learning.

Unless we can make deep spiritual concepts understandable, we risk losing future generations to the distorted thinking of a deteriorating materialistic world.. Each spiritual concept explored includes activities specifically designed for groups of youth and adults and activities designed for children.

It is a method of group learning, based on the model of the oneness of humanity. Everyone is a student, and everyone is a teacher. Our mission is not to provide exhaustive research and explanation of concepts for scholars. Our goal is to enable everyone to gain a basic knowledge of concepts indispensable for spiritual survival. It is our hope that parents and teachers gathered in living rooms, backyards; in cities and villages, will use these spiritual concepts to improve the lives of children, youth and adults

The writers, as members of the Baha'i Faith, are guided by its teachings and principles. We have used language that allows the concepts to be accessible to the wider community. Reference is made to the sources of authority of the Bahá'í Faith. We are referring to the Báb, Bahá'u'lláh, 'Abdu'l-Bahá, Shoghi Effendi and the Universal House of Justice.

This material reflects the personal interpretations of the authors and should not be taken as authoritative.

Instructions

Materials listed in the Resource section of each activity, including images, should be carefully prepared. Images can be enlarged and are essential for presentation. If some of the materials listed are not available, facilitators may modify and adapt material to best meet the unique needs of different groups.

Activities for youth/adults may be completed in approximately one hour.

Activities for children are approximately twenty minutes to an hour in length.

Adult Activity 1

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

Materials in Resource Section

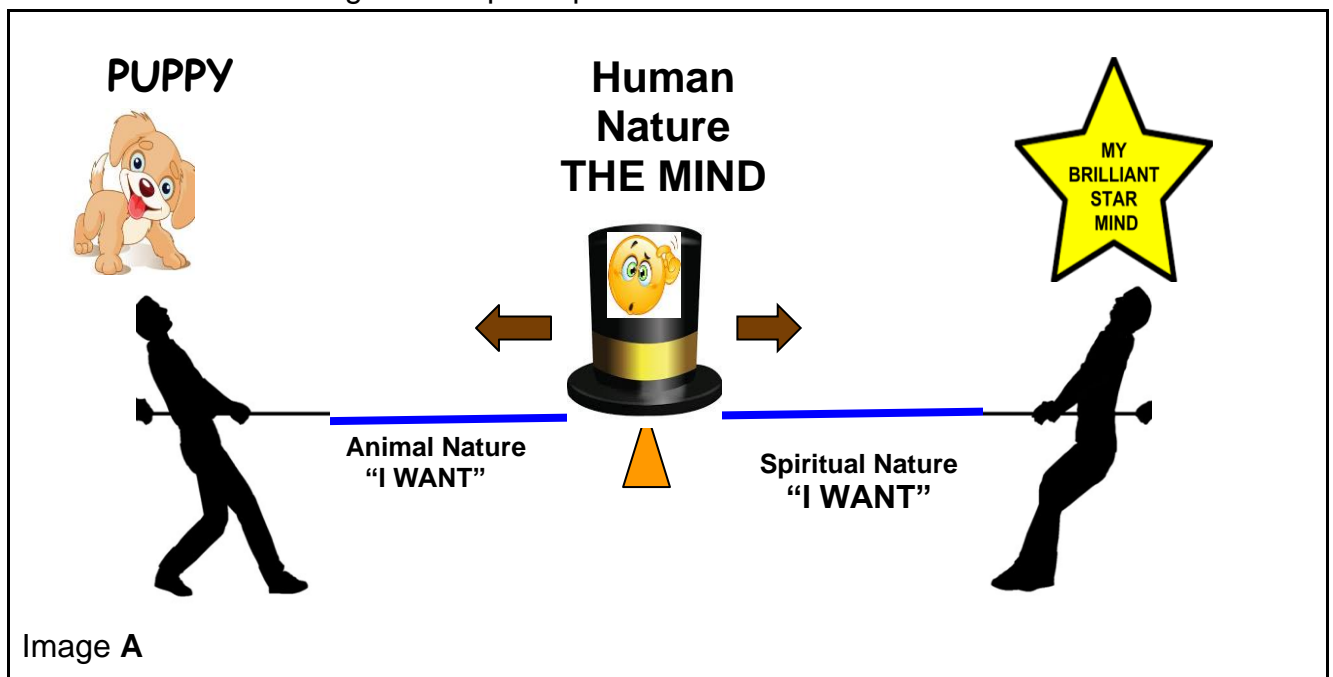
Facilitator asks a participant to read this quotation in a loud voice:

“Therefore we say that man is a reality which stands between light and darkness. From this standpoint his nature is threefold: animal, human and divine. The animal nature is darkness; the heavenly is light in light.”

- ‘Abdu’l-Bahá, Bahá’í Reference Library: *Promulgation of Universal Peace*:139

Facilitator says: Everyone wants to make better decisions. Who among us has not wished that we can take back something we said or did? A common reaction after making such a mistake is to hit ourselves on the head and say, “What was I thinking!” We instinctively blame our animal nature for “taking control” of our mind. We may think that a part of ourselves is inherently evil. But this is not so. Our three natures were designed by God to improve our lives and not to harm us. Our three natures are inherently good. However, they can be misused. Our best chance for making better choices is when the spiritual nature is in control.

Facilitator shares: Image A with participants



Facilitator says: At times, it can feel like we are being pulled in opposite directions by forces beyond our control. Throughout time, the Prophets of God have urged humanity to end this power struggle by letting the spiritual nature be the decision maker. It makes sense to let the spiritual nature, that can perceive all facets of reality, control our lives. Our three natures were created by God to help us to make better decisions.

Part of the solution to any of life's problems revolves around this question: "Who controls the mind, the main power of the human nature.

Who makes our decisions? Will it be our animal nature or our spiritual nature?

Let's describe the capabilities of our three natures:

The animal nature can only understand what can be identified by our five senses. We need to be able to feel it, see it, hear it, smell it or taste it. In other words, this nature can only understand "**tangible physical realities**".

The human nature, whose main power is the mind, can also understand **tangible physical realities**, plus "**intangible mental realities**", such as time, space and scientific theories.

The spiritual nature can understand everything the two lower natures perceive plus it can also understand "**intangible spiritual realities**". It understands the attributes of God such as love, forgiveness, justice... Aren't these virtues what we value most of all?

For further explanation - Appendix

Facilitator says: This illustration shows the animal nature and the spiritual nature both vying for control of the mind. The mind is in the middle being pulled in a tug-of-war. **The main power of the human nature is the mind.**

We want to make decisions that make us stronger, healthier, not weaker -- decisions that bring us closer to God.

Let's call the animal nature "**puppy mind**" and the spiritual nature "**brilliant star mind**".

Facilitator shares Image F with participants



Facilitator says: A puppy only understands what it wants right now. It doesn't know how to make a decision that brings it closer to God. It is telling me: I want what I want when I want it! And I want it right now and I don't care what anyone else wants. A puppy doesn't understand what it is supposed to do. It has to be trained. We are going to call this type of thinking "Puppy Mind".

Let's all practice our puppy mind. Let's all shout on the count of three " I want it right now!"

Participants shout together: " I want it right now!"

Facilitator shares Image G with participants



Facilitator says: A Brilliant Star Mind tries to do what is good for me, my friends, my family and my co-workers. It's not all about me. My Brilliant Star Mind is telling me: "I want to be happy and I want everyone else to be happy too. I also know that when I make a good decision I get closer to God and I help others get closer to God."

Facilitator sets up: the long rope in front of participants.

Facilitator puts 2 tape markers on floor -- 2 feet from center on each side of rope.

Facilitator shares Image I with participants



Facilitator says: The Choice Maker is our human nature. It is our intellect -- our mind. Our mind will make decisions based on the strength of the influence of our animal or spiritual nature. The Choice Maker is standing at the center and is holding onto the rope. We will have the “spiritual nature” side of the rope and the “animal nature” side of the rope. Whichever nature is stronger is going to be the one to make the choice for us. Hopefully, the spiritual nature makes a healthy Brilliant Star choice that brings us, our friends, family and coworkers closer to God.

Or our animal nature might be making a Puppy Mind choice that makes us feel alone and far from our friends, family and God.

Now we are going to look at some scenarios. We will see what the Puppy Mind tells us to do and what the Brilliant Star Mind tells us to do. We will see who is really in control of our mind. Who is our “Choice Maker”. Do we make a Puppy Mind choice or a Brilliant Star Mind choice.

Facilitator asks: volunteer to be the “Choice Maker” and directs this participant to to hold center of rope.

Facilitator puts: “Choice Maker” hat-shaped necklace on participant.

Scenario 1

Facilitator says:

It is the opening night of the new “Star Wars” movie. It is also our regular prayer meeting night.

My Puppy Mind tells me “I can’t wait to see this movie. I’ll just send out an email telling people I don’t feel well and need to cancel this week’s prayer meeting.”

My Brilliant Star Mind tells me “I should have the prayer meeting tonight and go to the movie another day soon.”

Now we are going to have a tug of war game between the Puppy Mind and the Brilliant Star Mind.

Facilitator asks group: What are some reasons our puppy mind thinks of for cancelling the meeting and going to the movie tonight?

And What are some reasons your brilliant star mind thinks of for having the prayer meeting tonight and going to see the movie another night?

Facilitator: as participants give reasons, invite each to come forward. Place either a puppy mind or a brilliant star necklace around their neck and direct participant to join corresponding side of tug of war rope.

Facilitator says: We all need to know that the brilliant star mind is not going to win every tug of war. Sometimes our puppy mind will win.

When this happens, it is not the end of the world. We realize our mistake and try harder the next time. Sometimes these tug of war choices will determine the course of our lives.

Okay. Everyone hold the rope tightly.

The “Choice Maker” will hold the rope lightly on the tape mark in the center and follow whichever side is moving the rope. Whichever side can pull the Mind -- the “Choice Maker” past their side’s tape line will be the winner.

Now both sides pull the rope. Go!

Facilitator announces the winning side. S/he collects the necklaces and asks asks participant volunteers to return to their seats.

Facilitator asks: What can be learned from the outcome of this tug of war? What effect will this choice that our mind made have on us and on others?

Participants respond

Scenario # 2

Facilitator asks: for a different volunteer to be the “Choice Maker”.

Facilitator places “Choice Maker” Necklace on volunteer who holds center of rope.

Facilitator says: I have arranged for myself and my partner to volunteer at a local food bank every week, but I did not consult with my partner.

My puppy mind tells me “I think it’s enjoyable and good for me and so it has to be good for my partner too.”

My Brilliant Star mind tells me: “Not everyone feels and thinks exactly like I do. We should consult to be sure that this service we choose to do together will be enjoyable and good for my partner too.”

Facilitator asks group: What are some reasons our puppy mind thinks of for volunteering both of us at the food bank without consulting first?
And What are some reasons our brilliant star mind thinks of for consulting our partner first?

Facilitator: as participants give reasons, invite each to come forward. Place either a puppy mind or a brilliant star necklace around their neck and direct participant to join corresponding side of tug of war rope.

Facilitator says: Whichever side can pull the Mind --- the “Choice Maker” past their tape line will be the winner.

Now both sides pull the rope. Go!

Facilitator announces the winning side. S/he collects the necklaces and asks asks participant volunteers to return to their seats.

Facilitator asks: What can be learned from the outcome of this tug of war? What effect will this choice that our mind made have on us and on others?

Participants respond

Facilitator says: The puppy mind does not think of the future. For the puppy mind, “now” is the only time there is and I am the only person that matters. The value of others is seen in how they improve my puppy life. Other people will put up with puppy behavior for a little while but not forever. Puppies usually form relationships with other puppies. Their relationship is an unending tug of war.
Let’s all take two minutes to quietly think about a decision we made which changed the course of our own lives. Who won? Did our puppy mind win or did our brilliant star mind win?

Allow two minutes

Facilitator: If time allows, invite participants to share their thoughts on how their choices) changed the course of their lives.

They may turn and talk with someone next to them and/or share with the whole group.

Facilitator asks: Will everyone who has ever made a “puppy mind” decision raise your hand.

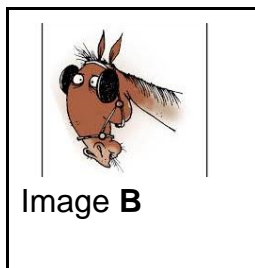
Participants respond

Facilitator asks: What happens if the puppy mind continually ignores the guidance of the brilliant star mind?

Allow 3-5 minutes for group discussion

Facilitator says: The future for the puppy mind is to become more and more isolated from everyone, even other puppy minds, who are also only interested in what makes them happy. Eventually the blind spots become bigger and bigger to the point where they only see their own needs.

Facilitator shares Image B with participants



To the Facilitator and all participants:

Facilitator says: The physical world has been created by God to teach us deep spiritual concepts. It is the hope of the creators of this activity that we all make the transition as quickly as possible, from being student participants, to being teachers, sharing these ideas with others. Spiritual concepts are the building blocks for an ever-progressing world civilization.

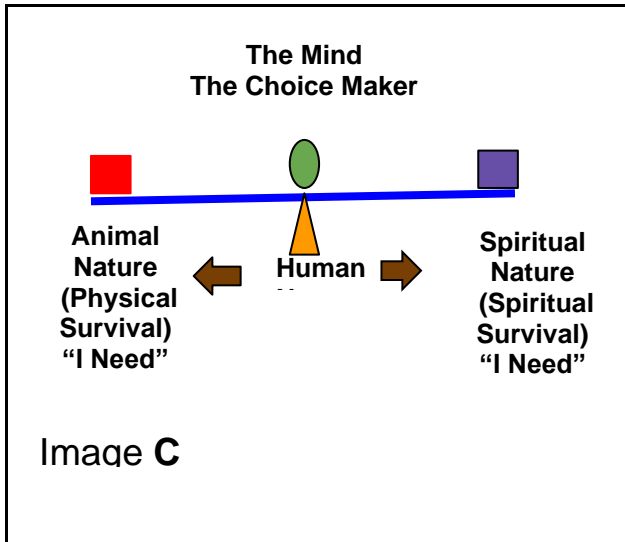
Please feel free to adapt this material to best meet the unique needs of different groups.

Adult Activity 2

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

Materials in Resource Section

Facilitator shares Image C with participants



Facilitator says: We are now going to look at some scenarios in which the spiritual nature and the animal nature are competing for control of the mind. The mind is the main power of the human nature.

*** Facilitator if using channeled plank with ball and volunteers for physical demonstration, set it up on the table in front of participants. If not, continue with text and discussion, without physical activity.**

***Facilitator says, if using channeled plank and ball:** One end of the channeled plank represents the animal nature. The other end represents the spiritual nature. The ball in the middle represents the mind -- the human nature.

Scenario 1: "The Animal Nature Reacts"

Your wife is walking hand-in-hand with you in the park and a big dog is charging toward you both. Instantly, her spiritual nature decides that in this situation she needs help from her animal nature. Your spouse puts herself in front of you to protect you. She has trained her mind to check in first with her spiritual nature. The spiritual nature decides it should pass the decision over to her animal nature and let it take control.

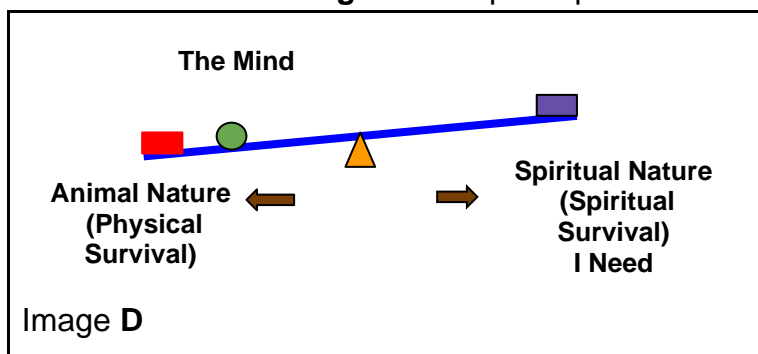
Facilitator asks: a participant to come in front of the group.

Facilitator says: Please roll the ball, the “choice Maker” to the spiritual nature end to check in with that nature. Then roll the ball to the animal nature end to take control and make the choice.

Participant rolls ball from fulcrum center, first toward the spiritual nature end and then toward the animal nature end.

Facilitator says: In real time this can happen in a second. Don't underestimate the capability of the spiritual nature to make quick decisions. For some decisions, the spiritual nature passes control to the animal nature.

Facilitator shares Image D with participants



Scenario #2: “The Spiritual Nature Reacts” -- Threat or no Threat?

Facilitator says: I am driving along the highway observing the legal speed limit. Someone comes up behind me and blares the horn. I see the driver in the rear-view mirror shaking their fist at me. My animal nature instantly sends a threat signal. It is telling me to beep my horn back and yell out of my window in an effort to protect myself. My spiritual nature determines that I am not in immediate danger from horn noise.

My spiritual nature tells me that horn noise can't hurt me. I reject letting my animal nature choose my response. My spiritual nature response is that I do not want to make a bad situation worse. And I don't want to break the law and exceed the speed limit. I calmly put on my turn signal and pull over, letting the other car pass. I could say a prayer for protection that this road-rage driver does not harm themselves or another person.

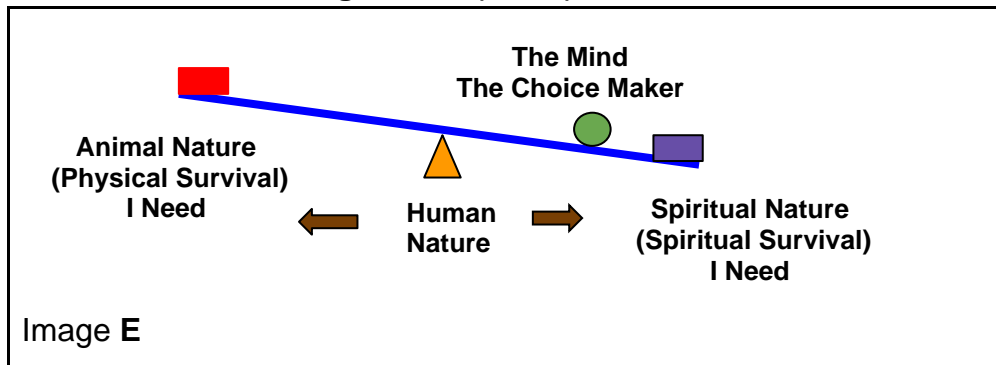
My spiritual nature also tells me that there could be a number of legitimate reasons for this person's behavior. Perhaps there is a medical emergency that involves the driver, a passenger or someone at their home. I can always assume the best instead of the worst about another person.

Facilitator asks: another participant to come in front of the group.

Facilitator says: Please roll the ball, the “choice Maker” to the spiritual nature end to check in with that nature. Leave the ball there. The spiritual nature does not pass this decision to the animal nature.

Participant rolls ball from fulcrum center toward the spiritual nature end.

Facilitator shares Image E with participants



Facilitator’s closing comments: Everything about us that God has created is good, including our animal nature. The evil that exists in the world comes from an animal nature that is not properly trained by the spiritual nature. Our spiritual nature is trained by the Prophets of God.

To the Facilitator and all participants:

Facilitator says: The physical world has been created by God to teach us deep spiritual concepts. It is the hope of the creators of this activity that we all make the transition as quickly as possible, from being student participants, to being teachers, sharing these ideas with others. Spiritual concepts are the building blocks for an ever-progressing world civilization. Please feel free to adapt this material to best meet the unique needs of different groups.

Children's Activity 1

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

Materials in Resource Section

Facilitator says: All day long we make choices. We want to make choices that make us stronger, healthier not weaker -- Choices that bring us closer to God.

Facilitator shares Image F with participants



Facilitator says: A puppy only understands what it wants right now. It doesn't know how to make a choice that brings it closer to God. It is telling me: "I want what I want when I want it! And I want it right now and I don't care what anyone else wants!" A puppy doesn't understand what it is supposed to do. It has to be trained.

We are going to call this type of thinking "Puppy Mind"

Let's all practice our puppy mind. Let's count to three and all shout: "I want it right now!"

Participants shout together: "I want it right now!"

Facilitator shares Image G with participants



Facilitator says: A Brilliant Star Mind knows what is good for me and for my friends and my family -- Not just me. It is telling me: "I want to be happy and I want everyone else to be happy too.

I know that when I make a good choice I get closer to God and I help others get closer to God."

Now we are going to look at some situations. We will see what the Puppy Mind tells us to do and what the Brilliant Star Mind tells us to do.

We will see who is really in control of us. Who is our "Choice Maker". Will we make a Puppy Mind choice or a Brilliant Star Mind choice for each situation?

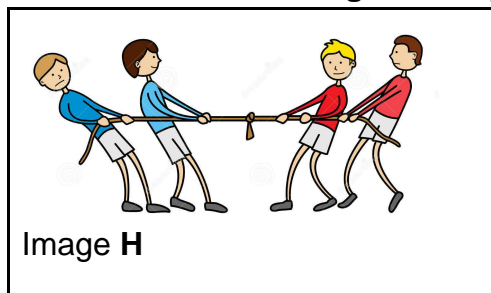
Scenario 1

Mom asked me to clean my room before I watch television. She is going to take a nap.

My Puppy Mind tells me "I'll watch television first and then I'll clean my room. My favorite show is on right now. She's asleep and won't know. My Puppy Mind counts to one before I make my choice, because I am only thinking of me.

My Brilliant Star Mind tells me "I should listen to and obey my mom. I will clean my room first. My Brilliant Star Mind counts to two before I make my choice, because I am thinking of myself and my mom, and I go clean my room first.

Facilitator shares Image H with participants

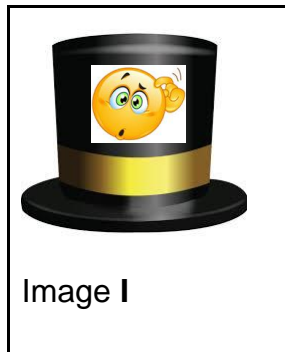


Facilitator says: Now we are going to have a tug of war game between the Puppy Mind and the Brilliant Star Mind.

Facilitator sets up: the long rope in front of participants.

Facilitator puts 2 tape markers on floor -- 2 feet from center on each side of rope.

Facilitator shares Image I with participants



Facilitator says: Sometimes our Puppy Mind will win when it is telling us what we should choose to do. Sometimes our Brilliant Star Mind will win when it is telling us what we should choose to do.

The “Choice Maker” is our mind that makes the final decision of what we will do. The Puppy Mind and the Brilliant Star Mind side will each try to pull the Choice Maker over to their side.

We need a “Choice Maker” to stand at the center of the rope where it is marked.

Facilitator chooses a participant to be the “Choice Maker” and directs participant to hold center point of marked rope.

Facilitator puts: “Choice Maker” necklace on participant.

Facilitator says: We will have the Puppy Mind side of the rope and the Brilliant Star Mind side of the rope. The Choice Maker is standing at the center and is holding onto the rope. Whichever is stronger, the Puppy Mind or the Brilliant Star Mind, is going to be the one to make the choice for us. It will pull the Choice Maker Mind over across its tape line. It might be making a healthy Brilliant Star Mind choice that brings us, our friends and our family closer to God.

Or it might be making a Puppy Mind choice that makes us feel alone and far from our friends, family and God.

We have heard the situation. The Puppy Mind wants to watch T V first. The Brilliant Star Mind wants to listen to mom. We can decide for ourselves what mind we will listen to: our Puppy Mind or your Brilliant Star Mind.

We will take turns being puppies or brilliant stars for each tug of war game.

Facilitator: chooses first group of 10 participants

Facilitator places: five puppy mind necklaces on five participants and directs them to take hold of one end of the rope.

Then facilitator places five brilliant star necklaces on the other five participants and directs them to take hold of the opposite end of rope.

Facilitator says: Whichever side can pull the Mind -- the “Choice Maker” past the tape line on their side will be the winner. We all need to know that the brilliant star mind is not going to win every tug of war. Sometimes our puppy mind will win.

Now both sides pull the rope. Go!

Facilitator announces the winning side. S/he collects the necklaces and asks participant volunteers to return to their seats.

Facilitator asks: What can be learned from the outcome of this tug of war? What effect will this choice that our mind made have on us and on others?

Participants respond

Facilitator says: Remember that the brilliant star mind is not going to win every tug of war. Sometimes our puppy mind will win.

When this happens, it is not the end of the world. We realize our mistake and try harder the next time. Just like a real puppy needs to be trained to make better decisions, our puppy mind needs to be trained. The puppy is not bad and neither are we.

Scenario 2

Facilitator says: Dad said don't eat snacks before dinner because you won't have room for your dinner. My Puppy Mind tells me “Oh I will be able to eat my snack now. I want that snack right now. I'm not thinking about later. I'm a puppy.” I only know how to count to one before I make my choice because I am thinking only of me. I count to one. I eat the snack.

My Brilliant Star Mind tells me “ Listening to my father is more important than listening to my stomach.” My Brilliant Star Mind counts to two before I make my choice because I am thinking of myself and my father. I don't eat the snack.

Facilitator chooses a second group of 10 participants

Repeat tug of war activity

Facilitator announces the winning side. S/he collects the necklaces and asks participant volunteers to return to their seats.

Scenario 3

Facilitator says:

My little brother is like a puppy. He wants the toy I am playing with. His puppy mind tells him he wants that toy RIGHT NOW. He takes it away from me.

My Puppy Mind tells me: "No way. This is my toy!" I'm a puppy. I only know how to count to one because I am a puppy and I am only thinking of me. I grab it back.

My Brilliant Star Mind tells me: " I know my brother is too young to understand sharing".

My Brilliant Star Mind counts to two because I am thinking of myself and my little brother. I will give him one of his favorite toys and I will get mine back.

Facilitator chooses a third group of 10 students

Repeat tug of war activity

Facilitator announces the winning side. S/he collects the necklaces and asks participant volunteers to return to their seats

Facilitator closing remarks:

There is nothing wrong with us when we feel we are pulled in different directions. Adults also feel like they are being pulled in different directions every day.

With the help of our Brilliant Star mind we can make better and quicker choices. We will feel less nervous. will feel happier and more peaceful and closer to God.

Children’s Activity 2

Document with text to be read aloud by participants. Facilitator may choose to use a projector.

Materials in Resource Section

Facilitator sets: channeled plank balanced at fulcrum in front of participants.



Image for facilitator reference

Facilitator: If not using wooden model, share image J with participants

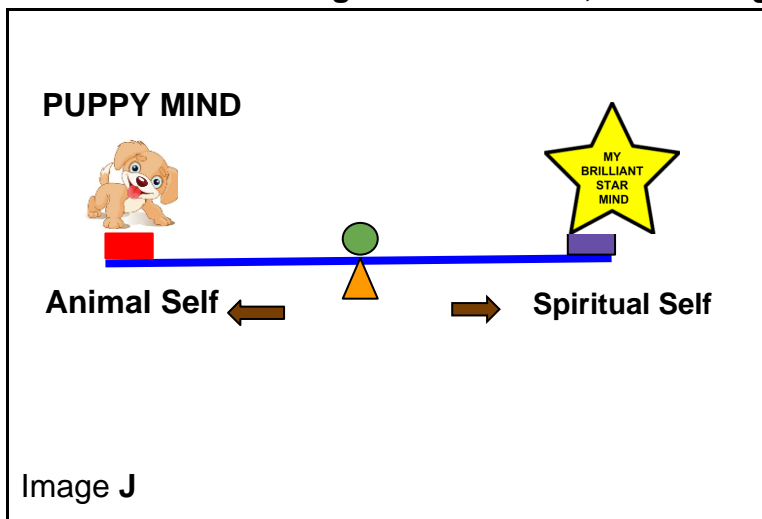


Image J

Image for facilitator reference

Facilitator attaches a “puppy mind” image to one end of the plank.

Facilitator says: Let’s put a picture of a “puppy mind” on one end of the plank. The puppy mind is our animal self. It thinks like a puppy. It can only think of itself.

The animal self helps us make choices when we are in danger. It helps keep us safe.

Facilitator attaches a “brilliant star” image to the other end of the plank.

Facilitator says: Let’s put a picture of a “brilliant star mind” at the other end of the plank. This is our spiritual self. The spiritual self helps us make choices that bring us

close to God, our family and our friends. The spiritual self is really the one we want to be in charge --- the one to make our choices.

Facilitator places small ball at the center of the plank.

Facilitator says: Let's put a small ball at the center point of the plank. This is our "choice maker mind".

Now we are going to look at some scenarios in which the spiritual self and the animal self are fighting to control our choices, like in a tug-of-war.

Scenario 1

Your mom is walking with you in the park. You are both eating hamburgers. A big dog is running toward you both. Instantly, mom's spiritual self decides that in this situation she needs help from her animal self. Mom puts herself in front of you to protect you. She throws her hamburger to the dog. Her mind checked in with her spiritual self and her spiritual self told her animal self to take action to you safe. You and your mom hurry into the fenced-in play area.

Facilitator asks: a participant to come in front of the group.

Facilitator says: Please first roll the ball from the center point to the spiritual self side and then quickly to the animal self side.

Participant rolls the ball

Scenario 2

Facilitator says: You and your mom are in the fenced-in play area. There is no more danger. Now the dog comes up to the fence and is wagging its tail. Mom begins to think about what just happened. What may be going on with this dog? Maybe the dog is lost and just hungry. She notices that the dog is wearing a collar with an ID tag. She gently approaches the dog. She reads the tag and finds out who its owner is. She calls the owner on her cell phone and tells her where the dog is.

Facilitator asks: a participant to come in front of the group.

Facilitator says: Which mind is your mom using to make her choice? Is it her puppy mind - animal self or her brilliant star mind - spiritual self ?

Participant responds

Facilitator says: Now roll the ball, the Choice Maker-Mind, to that side.

Participant rolls ball from fulcrum center to spiritual - self end.

Facilitator says: This time mom let her spiritual self make the choice. This time since there isn't any danger she does not have to "roll" the decision over to her animal self.

More Scenarios:

Taking toys Scenario:

Facilitator says: Your little sister, Sidney, is not old enough to understand that she has to share. She wants the toy you are playing with.

Sidney uses just her puppy mind animal self to make her choice. Her animal self feels threatened and she tries to take your toy. When you do not give it to her, she hits you. Now you both are crying. Sidney didn't check in first with her brilliant star spiritual self. She let her animal nature make her choice and tell her what to do. She is too young to understand.

Facilitator asks: a participant to come in front of the group.

Facilitator says: Now roll the ball ... the Mind...the Choice Maker to that side.

Participant rolls ball from fulcrum center to animal self end.

Facilitator - If not using wooden model, share Image K with participants

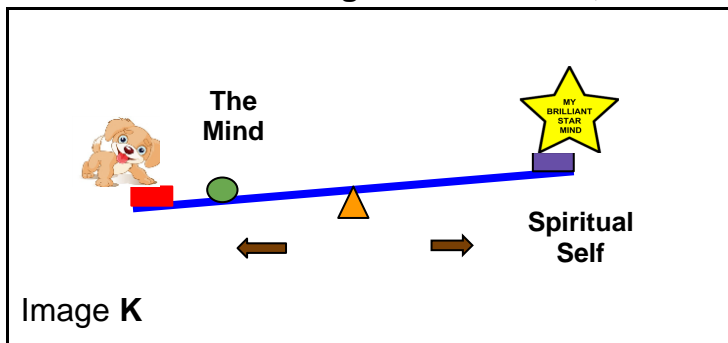


Image for facilitator reference

Facilitator says: Sidney is too young to be able to decide to let her brilliant star mind - her spiritual self take charge of her mind.

Facilitator asks: a participant to come in front of the group.

Facilitator says: But you can use your brilliant star mind - your spiritual self, to help in this situation. You can choose to play with another toy or you can find a different toy to give to Sydney. Now roll the ball ... the Mind...the Choice Maker to that side.

Participant rolls ball from fulcrum center to spiritual self end.

Facilitator: If not using wooden model, share Image L with participants

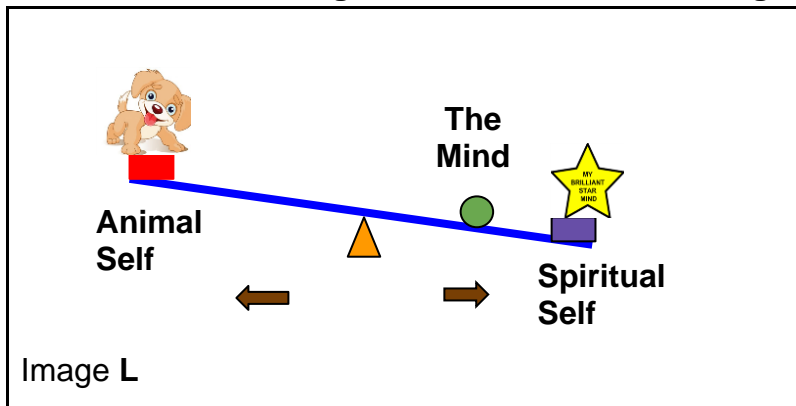


Image for facilitator reference

Two Kids working together Scenario:

Facilitator says: You and your good friend Katie are working together to make a sculpture out of clay. Katie accidentally drops it and breaks it. When the animal self takes charge of your mind, you get really mad and blame her, saying it's all her fault. Both of you have your feelings hurt and you stop working together.

Facilitator asks: a participant to come in front of the group.

Facilitator: If not using wooden model, share Image K with participants

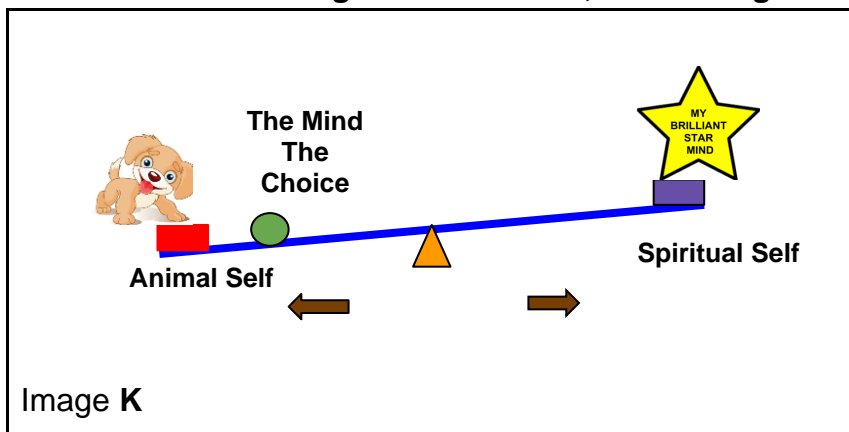


Image for facilitator reference

Facilitator says: Now roll the ball ... the Mind...the Choice Maker to that side.

Participant rolls ball from fulcrum center to animal self end.

Facilitator says: When the spiritual self takes charge of your mind, you pause and think about it and then you know that it was an accident. Clay is delicate and breaks easily. You decide to begin again to make a new clay sculpture.

Facilitator asks: a participant to come in front of the group.

Facilitator says: Now roll the ball ... the Mind...the Choice Maker to that side.

Facilitator: If not using wooden model, share Image L with participants

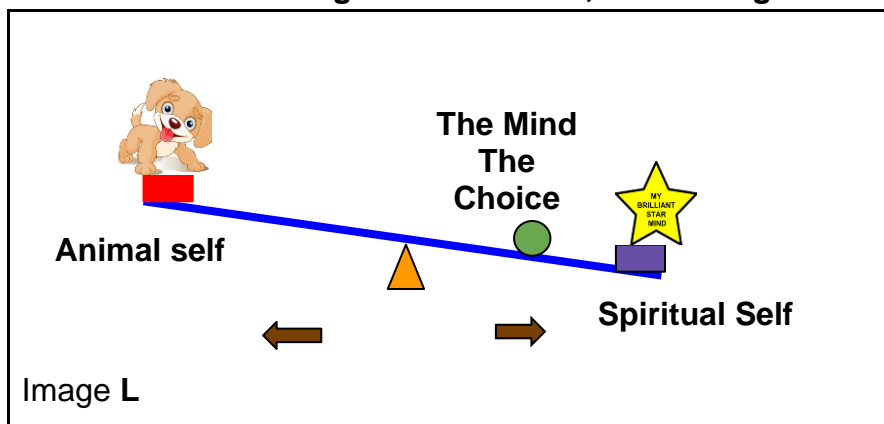


Image for facilitator reference

Participant rolls ball from fulcrum center to spiritual self end.

Lunchtime Choices Scenario

Facilitator says: It's lunchtime. I am really hungry. I look in the refrigerator. In the refrigerator I see a sandwich, an apple and some leftover birthday cake. My puppy mind animal self tells me "EAT THE CAKE". I want it right now for lunch.

Facilitator asks: a participant to come in front of the group.

Facilitator If not using wooden model, share Image K with participants

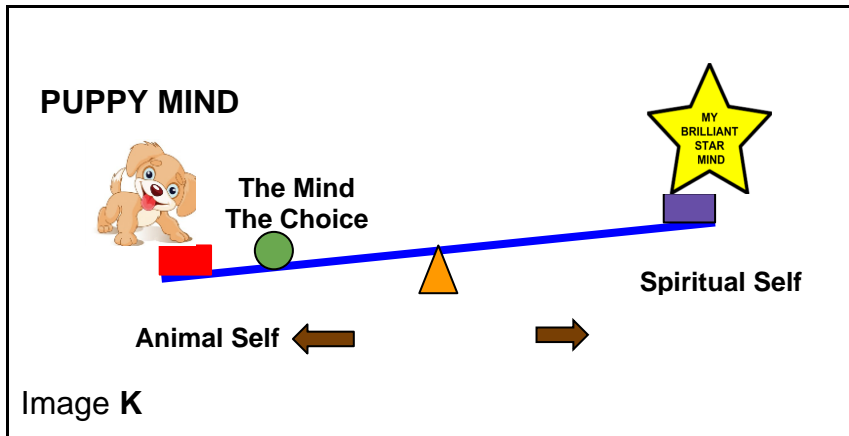


Image for facilitator reference

Facilitator says: Now roll the ball ... the Mind...the Choice Maker to that side.

Participant rolls ball from fulcrum center to animal self end.

Facilitator says: My brilliant star spiritual self reminds me that I need to eat a healthy lunch. I decide to eat the sandwich and apple first and eat the birthday cake afterwards.

Facilitator asks: a participant to come in front of the group.

Facilitator says: Now roll the ball ... the Mind...the Choice Maker to that side.

Facilitator If not using wooden model, share Image L with participants

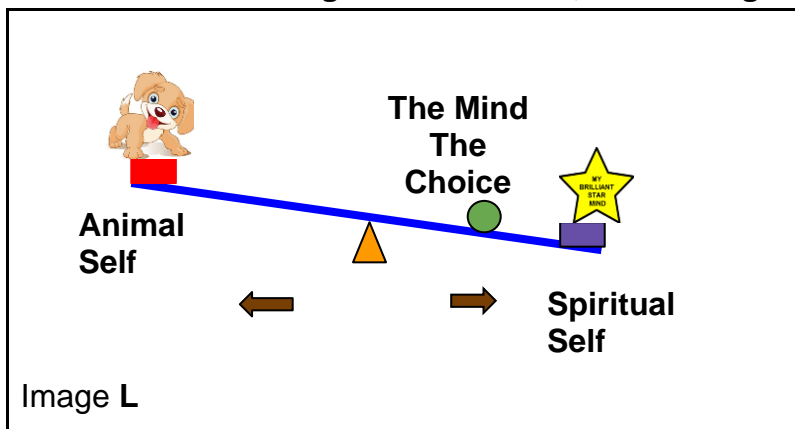


Image for facilitator reference

Participant rolls ball from fulcrum center to spiritual self end.

Note to facilitator: Older participants may be invited to conceive of and discuss other unique scenarios.

Facilitator closing remarks: With the help of our Brilliant Star mind we can make better and quicker choices. We will feel less nervous. will feel happier and more peaceful and closer to God. It is so important that we learn now as children to let our Brilliant star spiritual self make our choices. When our spiritual self makes our choices, we make less mistakes. We live more peaceful lives. We feel happier and closer to God and our family and our friends.

Printable resources follow appendix

Appendix: Making Better Choices Using Our Three Natures

Chart describing our three natures that describes the limits of their abilities:

The Three Natures Chart

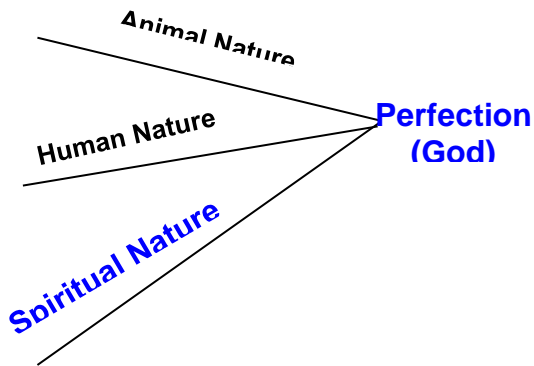
Nature	Animating Power	Perception	Example	Goal
Animal	Animal spirit	Tangible material realities	Chair	perfection
Human	Human spirit	Intangible material realities	"time	perfection
Divine	Spirit of Faith	Intangible Spiritual realities	relationships	PERFECTION (God)

Chart also appears in *With Thine Own Eyes* co-authored by Ron Tomanio

In the above chart we can see that all three natures are designed to be united in their desire for perfection. This prevents an internal civil war because they share a “one goal”. However, only the spiritual nature can comprehend that the **Perfection** they “yearn” for is God.

“The Creator of all is One God. From this same God all creation sprang into existence, and He is the one goal, towards which everything in nature yearns.” -

‘Abdu'l-Bahá, Bahá’í Reference Library: *Paris Talks*: 15



We have three natures with different levels of perception that want what they want. So how can we avoid being torn into pieces? All three natures “yearn” for perfection, But, only the spiritual nature has the capacity to know that the perfection they seek is actually Perfection -- God.

It is the will of God that the spiritual nature be in control:

“ The holy Manifestations of God come into the world to dispel the darkness of the animal, or physical, nature of man, to purify him from his imperfections in order that his heavenly and spiritual nature become quickened, his divine qualities awakened, his perfections visible, his potential powers revealed and all the virtues of the world of humanity latent within him may come to life.”

- ‘Abdu’l-Bahá, Bahá’í Reference Library: *Promulgation of Universal Peace*: 139

Our spiritual nature, guided by the Covenant of God, is the only nature that has the complete knowledge necessary to make wise decisions. Ideally, the spiritual nature trains and guides the animal and human natures. The animal and spiritual nature vie for control of the human nature whose main quality is the mind.

Resource Section

Adult Activity 1

Materials:

6 meter Length of rope for tug of war
with center marked with tape
Tape for floor
Images **A,F,G,I,B**
5 “Puppy Mind” necklaces
5 “Brilliant Star Mind” necklaces
1 “Choice Maker” necklace

Adult Activity 2

Materials:

Wooden plank with cut channel and fulcrum (assembly instructions below)
Small Ball
Images **C,D,E**

Materials for Children’s Activity 1

6 meter Length of rope for tug of war
with center marked with tape
Tape for floor
Images **F,G,H**
5 “Puppy Mind” necklaces
5 “Brilliant Star Mind” necklaces
1 “Choice Maker” necklace

Materials for Children’s Activity 2

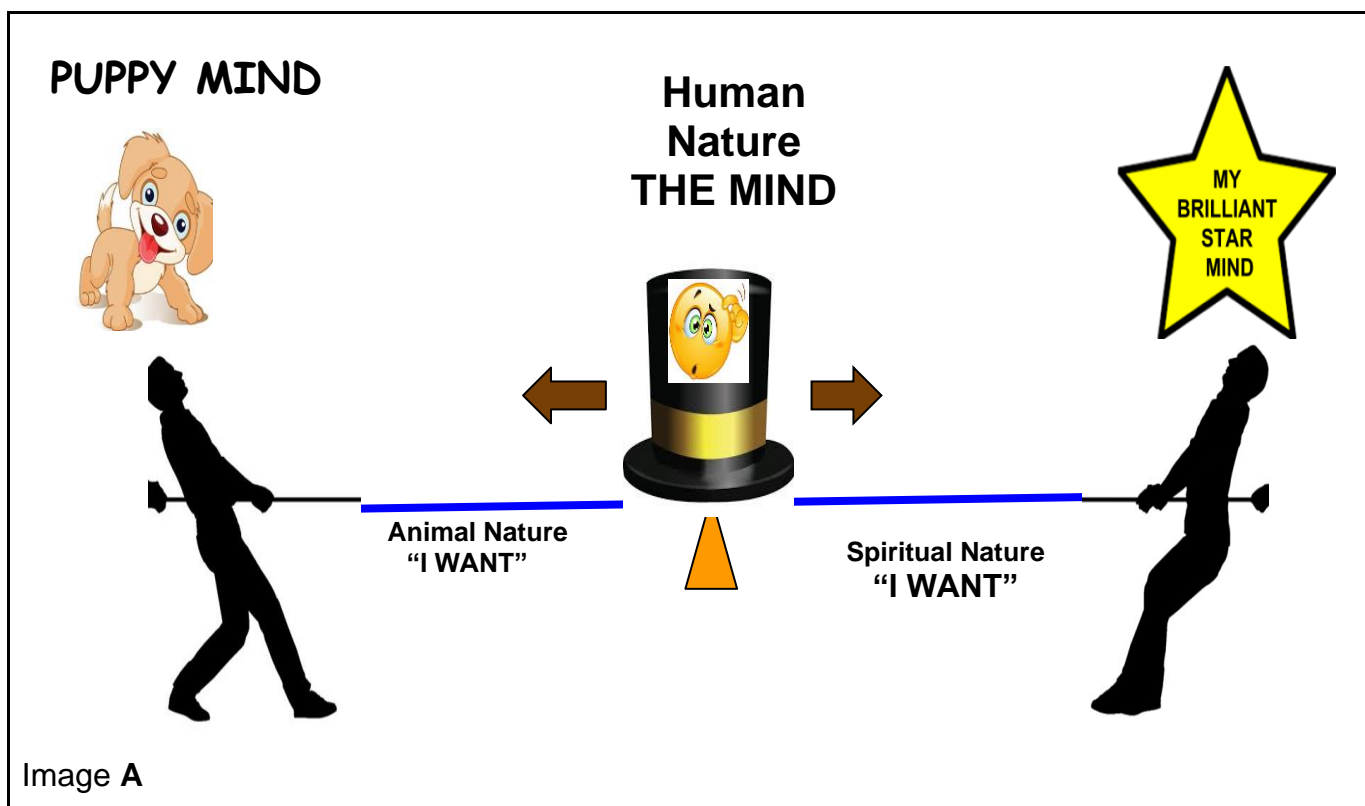
Wooden plank with cut channel and fulcrum (assembly instructions below)
Small Ball
Images **J,K,L**

Wooden Plank with cut channel and fulcrum: instructions:

Build a balance using long wooden plank - Cut a 1” channel in plank, wide enough for a ball to roll back and forth. Cut a small depression in the center of the channel to allow the ball to rest there. Attach wooden block at each end. Label blocks “spiritual nature” and “animal nature”. Make a fulcrum block and attach a fulcrum support to bottom of plank. Rest plank on fulcrum block. For use with children attach an image of a “Brilliant Star Mind” onto the block representing the spiritual nature. Attach an image of a “Puppy Mind” onto the block representing the animal nature. Attach an image of the “Choice Maker Mind” onto the fulcrum block. Images found in Resource Section of Theme. The ball symbolizes that the mind may be directed by either our spiritual or animal nature depending on which is in control at a given moment.

Alternately use thick corrugated cardboard. Using a box cutter, score cardboard piece on both sides of long section and bend upward to form two narrow walls to keep ball on cardboard.

Images:



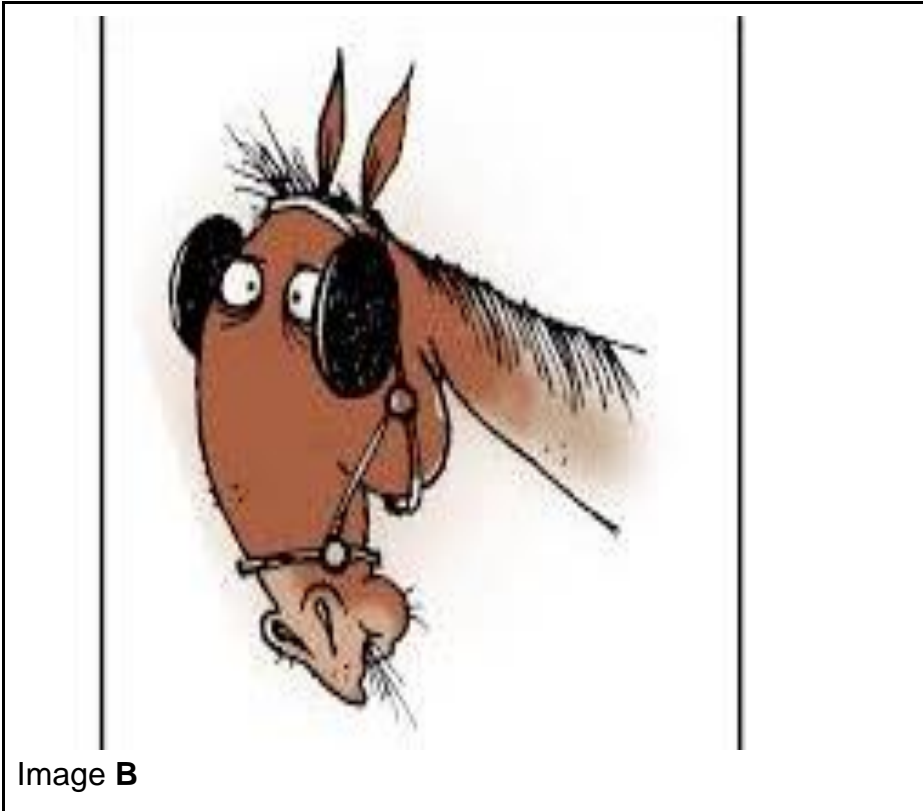
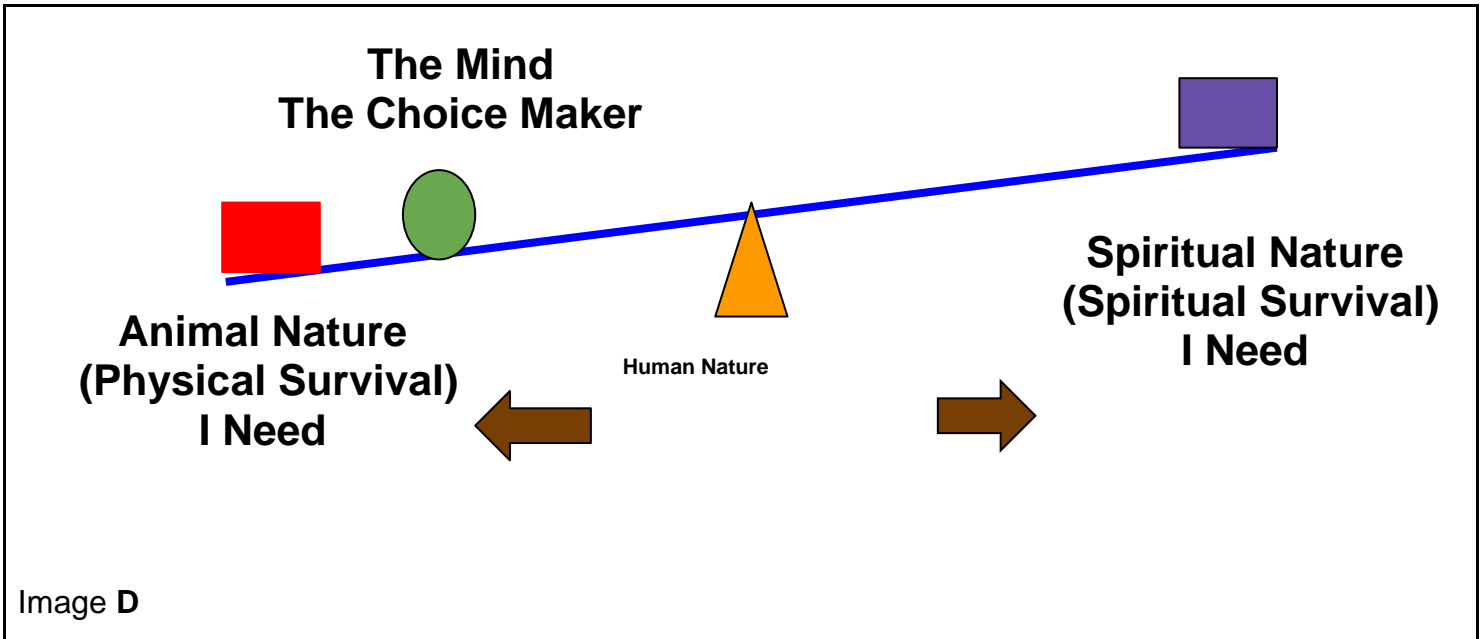
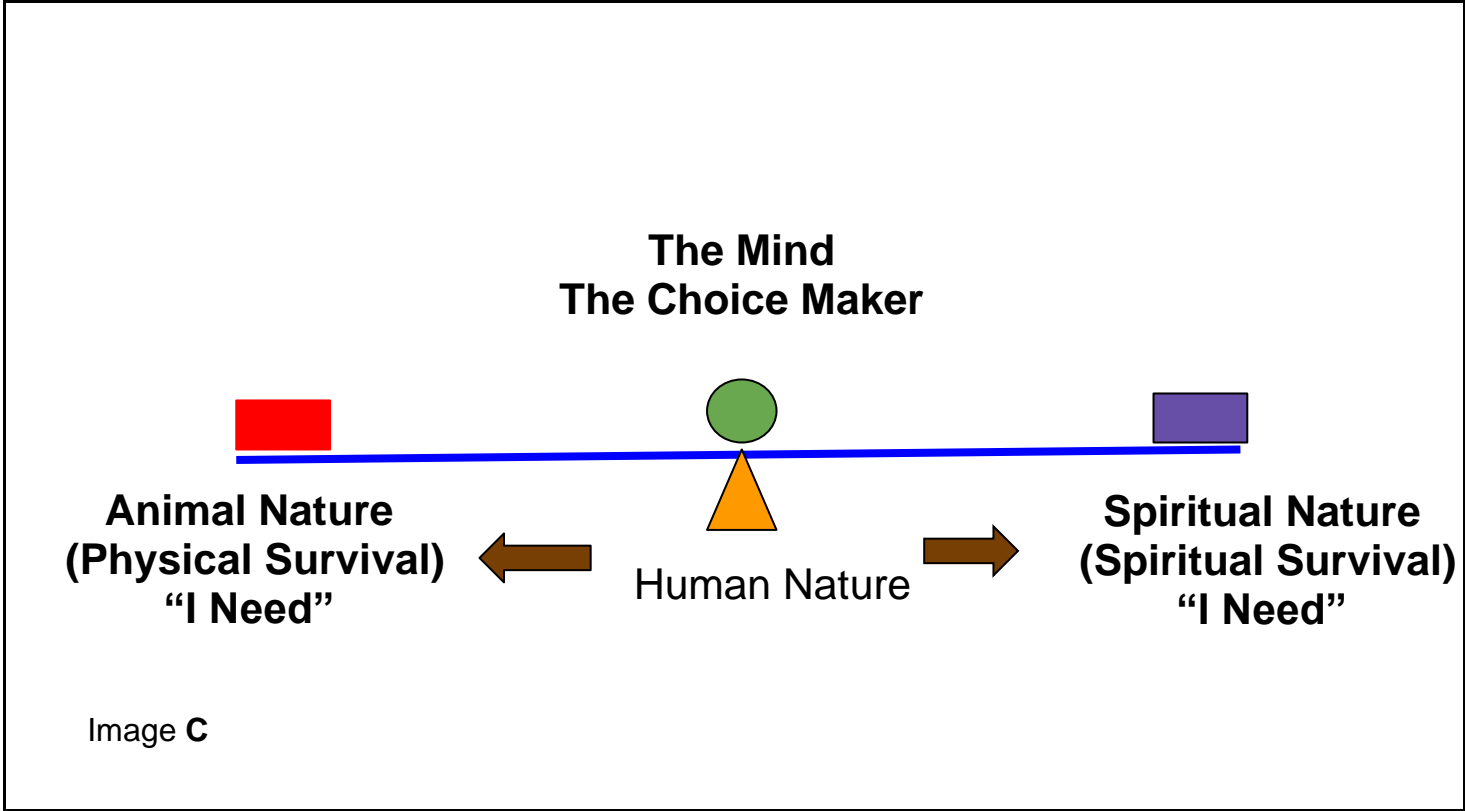


Image B



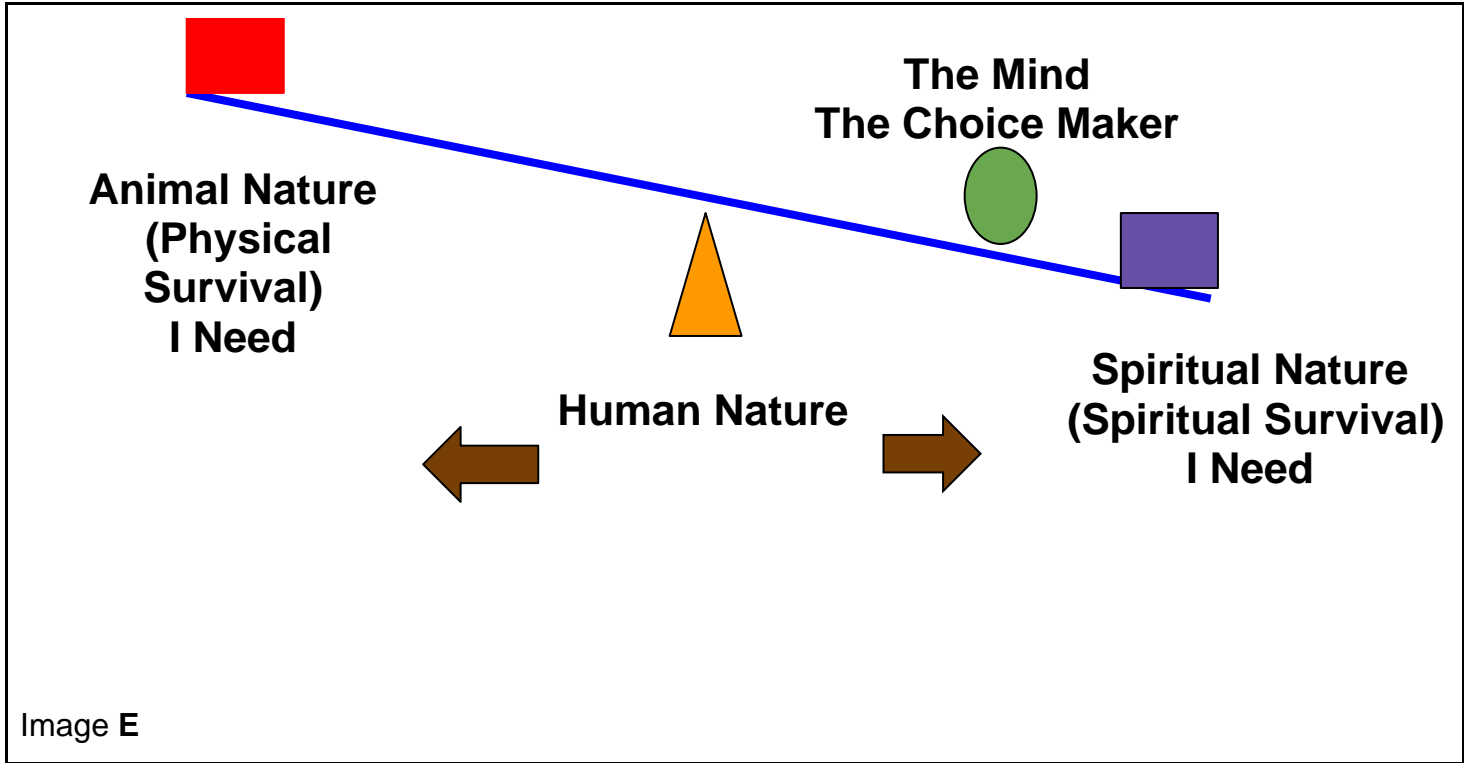




Image G

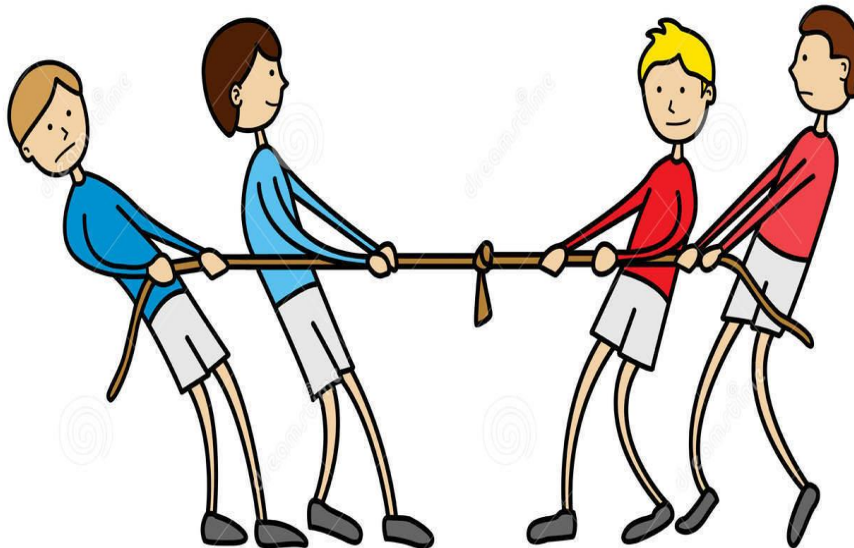


Image H

