

**Subject: Youth & Family Ministries – The Law of Attention**

## **OBJECT LESSON**

### **The Law of Attention**

*What You Give Your Attention to Expands!*

**Marelu Marson**

Materials:

- ❖ A large flat tub that children/youth can gather around
- ❖ one container of Insta-Snow
- ❖ 2 small paper cups for each child/youth
- ❖ sandwich-sized Ziploc bags
- ❖ one for each child/youth
- ❖ a measuring cup
- ❖ a pitcher of water.

Ahead of time: Prepare one cup with the powder and one cup with two ounces of water for each person.

- ❖ Use the scoop in the container to place one scoop of powder in a cup for each person. Have them ready in the tub.
- ❖ Using the measuring cup, measure two ounces of water and pour into one of the small paper cups for each person.
- ❖ Have one set ready for the initial demonstration that the facilitator will do.

Introduction:

Ask the children/youth what they would like to have more of in their lives? In the world? Ask: What techniques can we use to create the life we want and the world we want to live in? Highlight the use of prayer, positive thinking and affirmations.

Our society is rampant with examples of things we are against. Mothers against Drunk Drivers, “the battle of the bulge”, the war on terrorism, anti-this and anti-that. Invite the children/youth to think of more examples.

Explain: In our demonstration today, the water will represent our attention. We will pour our attention onto something and see what happens.

Using the facilitator’s cup of powder and cup of water, ask each child/youth to imagine the powder represents something they are against and would like to eliminate from their lives or the world. Examples might be homework, war, pollution, bullying, spinach, school lunches, a cranky neighbor, etc.

Tell them they are going to chant together, “No more\_\_\_\_\_” (fill in the blank with whatever they are against) as you pour the water (their attention) into the

cups and onto the thing they are against. Begin the chanting as you pour the water into the powder.

The children/youth will be amazed at the results. The powder will visibly expand. Explain when they are done pouring and chanting, that this is a demonstration of a spiritual law called the Law of Attention. What we give our attention to expands.

Ernest Holmes teaches us stand for something and against nothing. How wise, for when we say “no” to something, we are still giving our attention to it. And the Law of Attention guarantees that we get more of the same. Thinking we are helping, we are inadvertently creating more of what we don’t want.

Now hand out the cups of powder to each person and ask them to each think of something they want more of in their lives or something they will stand for in the world.

Next, hand out the pre-poured cups of water. Remind them that the water represents their attention. Invite each person to chant, “More \_\_\_\_\_”, filling in the blank with their own personal choice as they pour the water (their attention) onto the powder. Depending on the size of the group, you could have each child do this individually or do it as a group.

To close: Tell them they have created more (love, peace, friends, fun, pizza, etc.) in the world by focusing their attention on what they really do want. Encourage them to find those things that they stand for and to use the spiritual techniques of prayer, positive thinking and affirmations to strengthen their spiritual muscles.

They will be so intrigued with the Insta-Snow that they will want to play with it. More could be made with the remaining powder.

Each person who wanted to could take home a small amount in a Ziploc bag. This would be a reminder to put our attention on what we want and *not* on what we don’t want.