

REALITY KIDS

Our Living Experiment...

We reap what we sow. How do we teach our children to sow peace?



I have spent the past four years learning how to choose peace. It has been through some of the most difficult trials that I have come to this realization. Once I made the decision to see each and every day in my life as an experiment...miracles began to happen. I have noticed that my life has become more abundant, fulfilling, loving, exciting and free. From one moment to the next, I am in charge of my own life 'experiment' experience.

What is the definition of an experiment? According to the dictionary, an experiment is a test or trial that is made to demonstrate a known truth, examine the validity of a hypothesis; an act or operation for the purpose of discovering something unknown or of testing a principle, supposition, etc. To

me this means that I don't have to go on believing the things that I have not questioned on my own.

I am blessed to share this 'life experiment' with my son and daughter. My children have the incredible opportunity to experiment with their own life experiences...to reap their own small miracles. In our home, it is encouraged that we make our own choices, knowing that one choice will lead to happiness and peace, and that one might lead to unhappiness and disharmony. My daughter says, "I don't have to be a helpless baby. When I'm a helpless baby I feel bad. When I'm a Happy Kid I feel good." You see, this is Reese's own experiment...one where she gets to decide whether she wants to feel bad or good. My son says, "I experiment a lot. Each day I wake

up knowing that life is an experiment. I get to try out new things, which I always do. New things like tasting food I've never

tasted before, or holding an animal I've never held before, not knowing what it is capable of doing to me. As long as I trust in God, then I will be provided with the right solution and answers...I don't have to be harmed. I don't have to feel pain. I don't have to feel sadness. It's up to me though. I can decide to think happy thoughts about myself and the world I live in, or, I can decide to think unhappy thoughts."

This is Sawyer's experiment with living. I don't need to change his mind for him, because I really do trust that he is learning from his mistakes - he is busy living a life of discovery - he is learning by trial and error - he is testing what is truth and what is not. It is my job to guide and redirect him. It is not my job to get in his way or cushion his every fall. The title of the well-known book "Blessings of a Skinned Knee" explains it best.

Could it really be this simple? You mean to tell me that life does not have to be one of pain, sorrow and suffering? Exactly.

Here are a few fun steps to assist you in your own experiment with living a life of peace:

- Ask a question
- Listen to thoughts (truth/false)
- Measure feelings (light/heavy)
- Experiment with the Truth
- Draw a conclusion
- Communicate your results

OUR LIVING EXPERIMENT (CONTINUED)

I'll use one of my own examples to demonstrate. This afternoon, my youngest, Reese, decided that she did not want to clean her room. 'Cleaning Your Room' is one of our household chores. Reese had to sort and put away her folded clothing and hang her dresses and sweaters. She also had to make her bed. She protested. She cried. She told me I was dumb. This was a wonderful opportunity to experiment.

Ask a question: Does my daughter really have to clean her room?

Listen to thoughts: (Truth) Yes, we all have chores, this is Reality. If I let her get out of cleaning her room I am asking for trouble. I will send the message to her that I am not in charge, that she is - that all she has to do to 'get out of' doing something (she

doesn't like), is throw a fit. I don't have to get upset with her - I can simply remind her how much I love her and that I understand if she needs to make herself miserable over this.

Measure Feelings: (Light) I feel in charge. I feel capable. I feel supported by God. I trust my daughter to make her own choices.

Listen to thoughts: (Illusion) I really can't stand her crying. I'm not in the mood to put up with this - she can clean her room later. Maybe I can help her clean her room so she'll stop complaining. Why can't she just do as I say? I need to just let her cry and shut the door so I can't hear her...she'll figure it out and eventually clean her room...I hope.

Measure feelings: (Heavy) I feel frustrated. I feel

unsupported. I feel incapable. I feel angry. I am a martyr.

Experiment with the Truth: I gently grab Reese by her shoulders and pull her towards me so that we are eye to eye. I very lovingly remind her that I am her Reality and that it is her job to clean her room. I remind her that she gets to decide to befriend Reality, or fight it. I point out that it does not look like she is having a good time fighting Reality.

Draw a conclusion: It took more patience and effort - but I stayed grounded and in charge.

Communicate results: I was calm and relaxed. I trusted Reese to make the right choice. She did!

Danielle Alvarez (Sawyer's mom) works with families to help develop Conscious Kids, and is the Educational Director for The Reality Formula for Kids©. For more info visit www.lynnforrest.com/kids

DRAWING OF THE WEEK

ILLUSTRATED & WRITTEN BY REESE JONES

Play kitchen for my dolls...

Hi, my name is Reese and I am 6. This month I colored a picture of my brand new doll kitchen. My dad bought this doll kitchen for me and I really like it. I had fun setting it all up and putting all of the little food items in the refrigerator. Mom and I have fun playing with it - mom plays the daughter with her baby doll, and I play the mom with my American Girl Doll. I like to use my imagination - I like to pretend. I am very grateful that my daddy bought me this gift.

Love,
Reese



PASSION OF THE CHRIST



This week I went to a play. It was called “Sonrise, a Resurrection Pageant”. It was really amazing. It was like actually being there in Jerusalem. At the end where Jesus came out from the tomb I cried because Jesus rose from the dead with no scars, not even a scratch. It was awesome to watch and experience.

So that night, my mom and I talked about what we learned this Easter season. My mom asked, “what would you do if the Jews and Romans asked you if

you followed Jesus? Would you deny him?”, and I said “no.” She asked, “what if the Roman soldiers or Jews told you that they would beat you for being a follower of Jesus?”. I replied, “I would smile at Jesus, and then look up at Heaven.” Sometimes my dad makes fun of my mom for being spiritual and meditating and praying. It’s hard because I don’t want to deny my mom’s faith, but I don’t want my dad to stop liking me. I hope I can be strong enough to let me dad know that I don’t want to deny Jesus.

I can only hope that there are more people in the world that would do the same thing. I hope that other people get to experience a resurrection play next year, so that they can understand what it was like for Jesus to die for us. I hope we can understand the real meaning of Easter.

My meaning of Easter is the day when sin was destroyed forever. Even though sometimes I think I’m a bad kid, I know the truth is that I am not. I know that I am always going to be a part of God. God is always with me. Happy Easter!

▪ by Sawyer Jones

CHATTANOOGA RESTAURANTS GO GLUTEN-FREE



This week I realized that going gluten free is great. Even no you don’t get to eat pastries and stuff that isn’t gluten-free at least you don’t have headaches, stomachaches, etc. I thought it was going to be hard to find restaurants in Chattanooga that I could eat at. But guess what? We found like one million places to eat at.... Old Saigon Vietnamese restaurant where the Pho they

serve you melts in your mouth, and Tutto where the sushi dipped in gluten-free soy sauce tastes like heaven, and Tony’s where they have great gluten free bread dipped in olive oil. Tony’s gluten free bread tastes so good you’ll want to take ten helpings home.

When it comes to dessert I’ve got you covered because luckily I know some places to go that are gluten-free and dairy-free. Like Milk & Honey which is really good, they’ve got really good salted caramel and a variety of homemade sorbets and dairy-free ice cream flavors to choose from.

What about breakfast breads and treats? You will definitely want to stop by Crave Cafe & Bakery located at Warehouse Row. The owner makes the best cinnamon

rolls, they taste like sweet rolls and icing. My mom buys them for us on special occasions.

These are just a few of the places to go if you are gluten free. If you decide to go gluten free someday, I highly recommend you go to some of these wonderful places. ▪ by Sawyer Jones



SNOW SKIING IN COLORADO

Interview With My Sister...



I had fun interviewing my sister Reese about her first time going snow skiing.

Sawyer: What did you like about skiing?

Reese: Skiing down the mountain with mom.

Sawyer: What was your favorite mountain ski run?

Reese: It was called "So What"

Sawyer: Do you ever want to go skiing again? When?

Reese: Yes, next year.

Sawyer: What does skiing feel like to you?

Reese: It feels awesome, like I'm in Candy land. I imagine the mountains are covered in yummy vanilla ice cream.

Sawyer: Were you scared the first time you got on the ski lift?

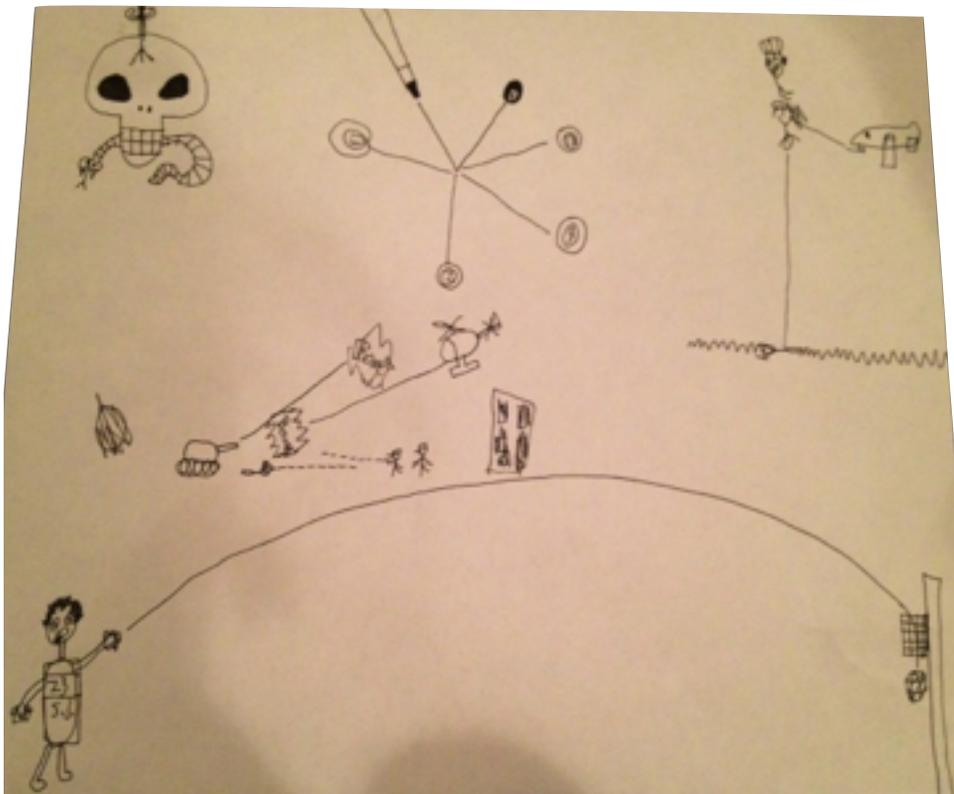
Reese: Kind of, but when I got up there mommy helped me and told me I could do it.

Sawyer: Thanks for letting me interview you Reese.

Reese: You're welcome brother. ■ *by Sawyer Jones*

DOODLING

BY SAWYER JONES



Did you know?

Yellow peppers are rich in fiber. They can help lower cholesterol and can make you never have colon cancer. Being a good source of vitamin B6 and folic acid, they help in protecting blood vessels from getting damaged, as yellow peppers are rich in vitamin C. Yellow peppers are very low in calories plus they're really good with sandwiches.



Contributors

SAWYER JONES

Adventurous, outgoing, loves to share his many ideas and stories with the world (if he could - and he probably will some day).

DANIELLE ALVAREZ

Mom of two precious children. Adventurer. Loves to travel and is a constant seeker of the Truth.

REESE JONES

Gentle, kind soul, loves to sing, draw, and create anything that will put a smile on her face - and on your face too. Peace.