

The Story of Marty – A Journey on Planet Earth

Focus-topics of the Martyswatch worksheets

This list of focus-topics would like to highlight the leading themes of the story, sometimes “hidden between the lines”, dividing them by chapter. The themes are interrelated and interconnected and can be explored at any time, when the teacher/parent finds it useful and suitable to do so. They are offered as suggestions and examples of how Marty’s story can be used as a thread, to support character development broadened by spiritual perspective, aimed not only at guiding behavior, but at enhancing the all-round blossoming of human potential. The worksheets will be uploaded on a regular basis and tackle the topics in a compatible way according to age.

Chapter 1: The Fall

- We all have a story; each story is unique and filled with high potential.
- Reach out to grasp your purpose and “plant the seed of your most cherished dream”.
- Life on planet earth is a grand opportunity to investigate and explore, to learn about our surroundings and about who we are, why we are here, to not stay on the surface...
 - This last theme is a link to a myriad of school topics such as science and geography, and anything related to the human makeup and nature. These, and other topics, can be developed in depth according to age group, and as the story continues.

Chapter 2: Life is a game/the map

- Direction and purpose
- Focus-concentration
- Duty (self-duty)
- Determination
- Discipline
- Rules and limits
- Vision and mission
- Truth

These topics can be linked to school topics such as “civic education”.

The technique of *Silent Sitting* can be used to help children/young people begin the process of going within/self-watching.

Chapter 3: The Forest

- Character
- The proper use of one’s sense of discrimination/discernment
- What key and tools can help us move through life...?
- Right Action – sense, meaning and practice
- Courage

- The Five Senses
- Patience
- The 5Ds (discipline, dedication, determination, discrimination, duty)
- The importance of good company/good guidance
- Self-confidence
- Self-sufficiency
- Trust

This chapter reaches out to today's children-young people who are becoming disconnected from nature, due to the virtual and technological world in which they live and encourages them to let go of this artificial lifestyle, to discover their talents and life-purpose and to connect to the source of their innermost Being.

Chapter 4 – In the kitchen

- Food and diet
- Taste
- W.A.T.C.H. (to learn how to observe – self watch... words, actions, thoughts, character and heart)
- 3 Hs (unity of head, heart and hand)
- Moderation
- Balance
- A good use of one's resources ("ingredients")
- Choices bring consequences
- Ceiling on desires
- Harmony
- PJV.... Human Values – are the foundation of happy, balanced and healthy lives
- Peace

Chapter 5 – The Garden

- Human Values
- The metaphor of "the seed", of hidden roots...
- Discipline and care for all forms of life
- Order
- Dignity
- Dedication
- Humility
- Generosity
- Respect
- The 5 elements
- Beauty
- Harmony
- Work-Worship-Wisdom
- Joy
- Love – the cultivation of Human Values in one's heart.

The topics are suggestions, to help put the chapter into focus and grasp its inner potential. Teacher and parents can naturally add on to these suggestions with their own insights.

Chapter 6 – The Key (The mind of man)

- Desires
- Ceiling on desires
- Negative impulses and destructive emotions (the enemies of man: ego, anger, envy, jealousy, pride, attachment, ignorance)
- The creative power of thought
- The power of discrimination between Good and bad-true and false...
- Honesty
- Opinion
- Judgement
- Solution finding
- Nonviolence

Chapter 7 – The Rainbow

- Friendship
- Cooperation
- Sharing
- The art of Communication
- Gratitude
- Openness
- Respect for all cultures and creeds
- Unity in diversity
- Devotion
- Beauty
- Harmony
- Goodness
- Service
- Look within: grasp the inner Master: your Conscience
- Unity-Purity: Human Excellence: the spark of divinity
- The 5 Human Values
- Vision and mission