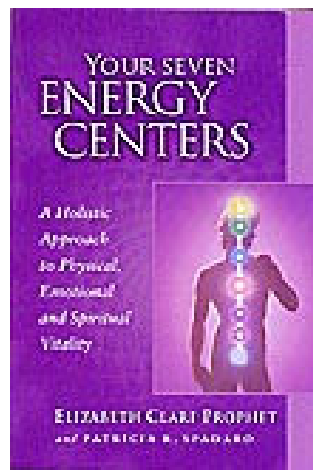


**Book Study Group  
Children's Lessons  
Based on**

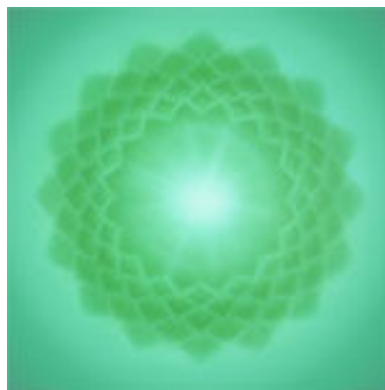
***Your Seven Energy Centers***

By Elizabeth Clare Prophet and Patricia R. Spadaro

*Your Seven Energy Centers* contains powerful insights and tools for wholeness based on the science of the body's subtle energy system. It draws from the wisdom of the world's spiritual traditions to show you how you can nurture your soul through seven stages of personal growth.



**Lesson Seven – YOUR SIXTH ENERGY CENTER:  
THE THIRD EYE  
For Children ages 3 - 6**



**Parent/Teacher Preparation:** This lesson is taken from the chapter, Sixth Energy Center: Third Eye, pages 142-162.

Review the chapter before you begin.

Review the lesson, including the activities. Please note that the text of what you can say to your child is in *italics*.

Gather the following materials you will need:

- CD and music (optional)
- Coloring sheet of the energy center (included at the end of this lesson for your child to color, cut out and place on the outline of his body)
- Crayons and colored pencils
- Non-toxic glue
- Make a Chart of Your Divine Self jigsaw puzzle. Order a copy of the Chart of Your Divine Self from the [www.TSL.org](http://www.TSL.org) bookstore. Laminate it and cut it into three pieces, the Mighty I AM Presence with the rings of the causal body of light at the top, the Holy Christ Self in the center and the soul in the violet flame at the bottom. (If desired, you can cut each ring of the causal body as a separate piece.)
- Slips of paper and a pen to write labels for puzzle pieces.

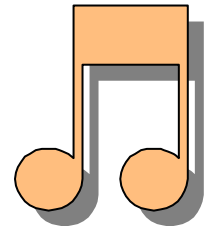
**Set Your Environment:**

Pick a time when both you and your child are rested and happy.

If you have a CD player and some classical piano, play it as you are preparing and you and your child begin.

**Suggested Music:**

The musical instrument corresponding to the third eye is the piano. Specific suggestions:



“No. 8 in F-Sharp Minor” (*Frederic Chopin: 24 Preludes, Op. 28 / Nocturnes, Op. 62*, Hung-Kuan Chen, Piano; MusicMasters)

“Rhapsody on a Theme by Paganini” (*Rachmaninoff: Piano Concertos No. 1 & 4 / Rhapsody on a Theme by Paganini*, Philippe Entremont, piano; Essential Classics)

**Overview of the lesson:**

- The third eye is the energy center of divine vision.
- The key word for this center is vision.
- When we focus our attention on something, we become more like it.
- Our Mighty I AM Presence is the most important part of us.
- We can learn to pay more attention to our God self by using our third eye in meditations and visualizations.
- When we see someone with problems, we can ask God to help us see their Mighty I AM Presence and Holy Christ Self above them, rather than the naughty things they may be doing. That is called “Holding the immaculate concept.”

**Lesson:**

*Today we are going to talk about one of the most interesting energy centers – the third eye. We all know about our two eyes, but if you had a third eye, where do you think it might be?*

*The third eye is right in the middle of your forehead between your eyebrows. It is a brilliant green and it has so many petals we cannot easily count them! It actually has 96, almost 100 petals.*

*The third eye is God’s eye, your I AM eye, looking through you. It is like the inner eye of your mind. It helps you to see what is real, and helps you get special, unique ideas from God’s heart that he wants you to know about.*



*The key word for this energy center is vision. When we look at something and focus our attention on it, we become more like it. We want to learn to pay attention to God every day; in fact many times every day. When we are able to think of God and see him with our third eye energy center, we can become more like him. Did you know that? So how can we learn to see God?*

*We can look at this beautiful chart – the Chart of Your Divine Self. This shows us the image of God in us – each one of us individually.*

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*We can say the prayer, I AM That I AM. Let's say it together 3 times.*

*We can also say the prayer for the tube of light to form around us. As we say it, try to see with your third eye the light flowing like a waterfall down from your Mighty I AM Presence and forming this mighty tube of light all around you.*



*Let's say it together:*

*Beloved I AM Presence bright,  
Round me seal your tube of light.  
From ascended master flame  
Called forth now in God's own name.  
Let it keep my temple free  
From all discord sent to me.  
I AM calling forth violet fire,  
To blaze and transmute all desire.  
Keeping on in freedom's name  
'Till I am one with the violet flame.*

*Our Mighty I AM Presence is the most important part of us. To help us pay attention to it so we can see it in our mind's eye and learn about all its parts, we are going to play a game with it.*

**Activity 1: Puzzle of the Chart of the Presence.**

To teach the vocabulary of the parts of the Chart of Your Divine Self we are going to use a lesson pattern Maria Montessori called the Three Period Lesson. (It is a simple pattern you can use to teach your child anything.)

**1<sup>st</sup> Period – This is.** Say the name of each part and have the child repeat it.

**2<sup>nd</sup> Period – Show me.** Ask the child to show you or give you one of the objects or puzzle pieces. You give the name, he gives you the piece.

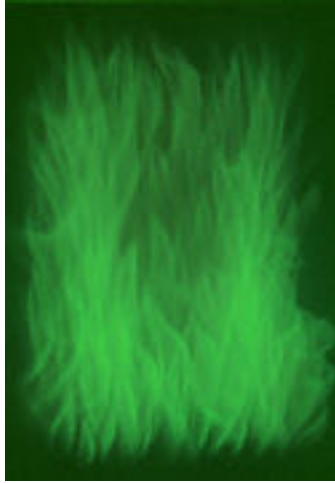
**3<sup>rd</sup> Period – What is this?** Point to one of the items and ask the child to identify it.

Show the chart as a whole. *Now we are going to separate all of its parts and name them.* As you remove the major parts, say their names and ask the child to repeat them. *"This is the Mighty I AM Presence and Causal Body. This is the Beloved Holy Christ Self. This is the soul in the tube of light and violet flame.* Proceed to the second and third periods.

*Mix the puzzle pieces and place them back into the whole.* Say the name of each piece as child puts them back. Make written labels for child to read and match to the puzzle parts.

## **Activity 2: Visualizing**

*You can learn to pay more attention to your third eye by doing meditations with visualization. Let's give it a try. I want you to close your eyes, take a deep breath and try to see your third eye center, right between your two eyes. See it filled with the most beautiful, brilliant, pulsing emerald green you can imagine.*



*There is a prayer we can say as we visualize this emerald green light.*

*I AM, I AM beholding all,  
Mine eye is single as I call:  
Raise me now and set me free,  
Thy holy image now to be.*

Once your child can see the brilliant green in the third eye, he is ready to visualize whatever he would like to see happen in his life.

## **Activity 3: Practice visualizing and use your imagination!**

Ask your child to relax and get comfortable. Take a couple of deep breaths together and then read the following text to your child.

*We are going to go on an imaginary trip to a beautiful island made of jewels. First we will invoke the Mighty I AM Presence and Holy Christ Self to protect us as we journey in our consciousness.*

*Visualize this as I describe it. Think of a beautiful island in the middle of a beautiful blue-green sea. The waves are lapping up on the beach and there are palm trees all along the edge of the sand. The rocks along the shore are shimmering blues and greens and yellows. Each rock is a jewel. Imagine that the trees on the island have pink flowers and there are multi-*

*colored birds everywhere. You are lying in the sand and you can feel the warm sun on your face. You are warm and comfortable.*

*Now think about what you want to do next – play in the surf, build a sand castle, play with a beach ball, collect shells or just lie there and enjoy the sun. Visualize what you are doing. Neither of you need to speak after you finish reading the text. You and your child may remain in meditation as long as desired.*

**Activity 4: Color your third-eye energy center**

Color the third-eye chakra sheet and mount on body outline.

