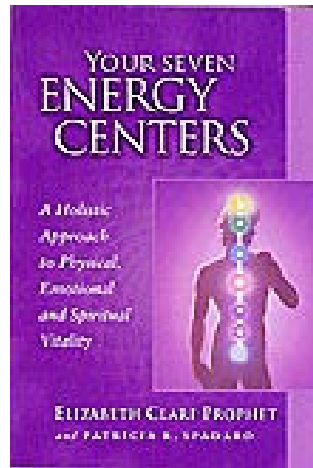


**Book Study Group Children's Lessons
Based on
*Your Seven Energy Centers***

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 Six – YOUR FIFTH ENERGY CENTER:
THE THROAT
For Children ages 3 - 6**



©Permission to copy and share the lessons in their entirety, including the copyright and contact info, is granted. Lessons may not be sold or used in any way to gain profit. Published by Montessori International. Copyright © 2006 Montessori International. All rights reserved. www.pathwayforfamilies.org 1

Parent/Teacher Preparation: This lesson is taken from the chapter, “Fifth Energy Center: Throat.”

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

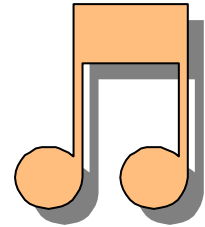
Set Your Environment:

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

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

Suggested Music:

The musical instruments corresponding to the throat are the brasses. Specific suggestions:



Fanfare Trionfale, by Green (*Brass Around the World*, Prince of Wales Brass; ASV Digital)

Elsa’s Procession to the Cathedral from *Lohengrin*, by Wagner) (*Brass Around the World*, Prince of Wales Brass; ASV Digital)

Overview of the lesson: This lesson is going to introduce children to the energy center at the throat, the blue chakra.

- The key word for the throat center is power.
- God spoke the command “Let there be light!” and the creation of our world began.
- We decide every minute of every day how to use God’s energy through us.
- When we speak, our words carry energy and they create feelings and ideas around us.
- When there is dark, heavy energy around us and inside of us, we can begin to say special prayers that clear the dark energy. They are called decrees.
- The name of God is I AM That I AM – when we say *I AM*, it really means, *God in me is*.

Lesson:

Let’s look at the chart of your energy centers. Do you remember that in the last lesson we talked about the heart energy center? We were all going to try to do things that are loving and kind each day. Do you have anything you would like to share that was loving and kind? (Be prepared to share something yourself – that you did or saw your child do.)

Now we are going to look at the next energy center, the throat center. It is located in your body above the heart in the throat area.

Where is it? (Throat)
What color is it? (Blue)
How many petals does it have? (16.)



Each of your energy centers has a special key word that tells us how we can use God’s energy through that center. The key word for the throat is **power**. That makes sense because a lot of our power and energy comes from what we say.

In the Bible there is a wonderful story of how God created the world. He began by speaking the words, “Let there be light!” Let’s say these words together loudly, with strength and power. The next words of the story are: “And there was light.” So the way God created was to speak the command. He used his voice, which is right here, at your throat center.

©Permission to copy and share the lessons in their entirety, including the copyright and contact info, is granted. Lessons may not be sold or used in any way to gain profit. Published by Montessori International. Copyright © 2006 Montessori International. All rights reserved. www.pathwayforfamilies.org 3

God took his great power and to create, he released it through his throat energy center, through the spoken word.

Activity 1: Feel the vibration of your voice.

Let's say the Indian word Om. It is a word that we can continue for a long time. While we say it, put your hand on your throat so you can feel the vibration and the power coming from your throat.



Sanskrit letters for Om

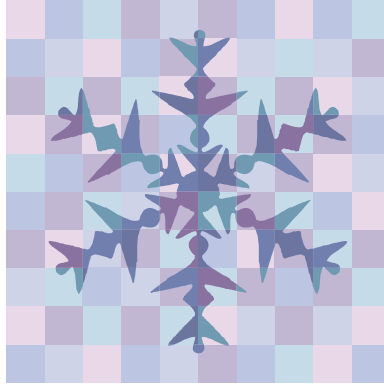
God has given you a voice, so that you use the power of God inside of you. Every minute of every day, you have God's energy flowing through you and you decide how to use it. Stop and think of times when you have used your voice to say kind things that make people feel better.

Activity 2: How the human voice affects water

There is a Japanese man who has been doing some amazing work with water. His name is Masaru Emoto. There are books in the library about his work and there are websites where you can see pictures showing how words affect water.

http://www.life-enthusiast.com/twilight/research_emoto.htm.

Mr. Emoto found out that the power sound from the throat makes beautiful patterns that resemble snowflakes when it is harmonious and kind. It makes ugly and confused patterns when it is discordant.



Lesson:

A man named C.W. Leadbeater could see people's thoughts in their aura and wrote about what he saw. "Each word as it is uttered makes a little form...just as a thought does..." He says that the word hate for example, "produces a horrible form, so much so that, having seen its shape, I never use the word." Loving words, on the other hand, form beautiful, symmetrical shapes that make us feel comfortable and joyful. Mr. Leadbeater explains that the forms of the words and thoughts we say and think are all around us and we can feel one another's energy when we are around them.

Every time we open our mouths to speak, we are making a choice – to use our words to help or to harm life. Both the Buddha and Jesus Christ taught about using our voices properly.



Gautama Buddha taught about right speech. This is using speech to help and support and not to gossip or condemn. He tells us that we should give up harsh language and rudeness, always speaking words that are soothing to the ear and going straight to the heart.

Jesus said that by our words we are justified or we are judged. When we understand that words come from the power center of the throat in our body, we understand how powerful they can be. Our words are things in the spiritual world. When we use our voice to say unkind things, we use

©Permission to copy and share the lessons in their entirety, including the copyright and contact info, is granted. Lessons may not be sold or used in any way to gain profit. Published by Montessori International. Copyright © 2006 Montessori International. All rights reserved. www.pathwayforfamilies.org 5

God's energy wrongly. That energy returns to us some time, some place as negative or bad karma. The way we used God's energy was judged as negative. When we use our voice to say kind and helpful things, we use God's energy in the right way. That energy also returns to us as good karma. The way we used God's energy was just.

The important thing is to remember that every minute of every day, you have God's energy and you get to decide how to use it. Who decides how to use God's energy through us? You do!

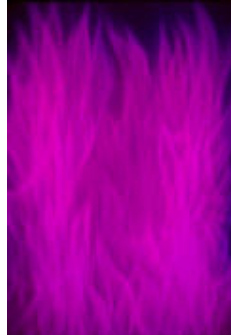
Activity 3: When we misuse God's energy through our throat

When we use God's energy to say unkind, hurtful things, if we are mad or have our feelings hurt, it creates dark, heavy energy and ugly forms.

Whenever that happens, we can begin to say special prayers that use God's energy to change the dark energy into light. Would you like to learn one of these prayers? It is very simple and goes like this:

*I am a being of violet fire,
I am the purity God desires.*

Close your eyes and see if you can see a fire burning in your heart and see it turning brilliant violet.



Violet fire

This is the color of forgiveness and it is the color that changes things from darkness to light. You can do this little prayer any time when you feel things are not quite right and you feel upset or angry or afraid.

Using the name of God – the story of Moses

Do you know the story of Moses and the burning bush? Moses lived thousands of years ago and he loved God very much. His people, the Israelites, were slaves of the Egyptians, and had to work all the time. Moses was born in Israel, but to keep him safe at a time when the

Egyptian soldiers were killing people's boy children, his mother had put him in a basket on the river and the daughter of the great Egyptian king (called the pharaoh) found him and raised him.



When Moses grew up and became a man, he went one day up the mountain, where he thought he could pray to God better. When he got to the top of the mountain, he saw a bush burning, but it was very strange, because it was not burning up, like wood usually burns in a fire. Suddenly, out of the bush he heard a voice, calling him. "Moses, Moses." Moses answered, "Here am I."



God told him to take off his shoes, because the land where he stood was holy ground. Then God said, "I am the God of thy father, the God of Abraham, the God of Isaac, and the God of Jacob." Moses was afraid and turned away, afraid to look upon God's face.

God told him he had heard the cries of children and knew their sorrow. He told Moses he had come to deliver his people and to lead them to a land of milk and honey. Then he told Moses that he would send him – Moses – to pharaoh (the Egyptian king) to free the people.

Moses asked God, “When I come unto the Children of Israel, and tell them the God of your fathers hath sent me and they ask me what is thy name, what shall I say?”

God said to Moses, “I AM That I AM.... this is my name forever.” Moses was obedient to God. He went to free his people, telling the Egyptian pharaoh that God, the Mighty I AM That I AM had sent him.

Whenever you say I AM it really means “God in me is.” We learned in the first lesson of our studies of the seven energy centers that we have a great God Presence high above us, our I AM Presence, waiting every moment of every day to give us more spiritual light and energy. This name, I AM That I Am, that was recorded in the Bible, is the name of God in us which we call the I AM Presence.



Chart of Your Divine Self

The top portion of this chart, surrounded by the rings of color is your Mighty I AM Presence. In the middle of the chart is your Beloved Holy Christ Self, and the lower figure is you in your tube of light and the violet flame.

We can say God’s name, I AM THAT I AM, as a prayer that we repeat over and over as many times as we want. You may want to close your eyes and see bright white light streaming down from your I AM Presence and feel God’s love for you. Let’s try it:

I AM That I AM

(Give this mantra in multiples of three; 3, 9 or 12 times.)

Activity 4: I AM songs and decrees

- A. *Let's sing our new song, I AM Loving and Kind. When we say I AM, now we know we are saying that God in me is loving and kind!*

*I AM loving and kind,
I AM loving and kind,
I AM loving and kind all the time. (Repeat.)*

You are loving and kind...

We are loving and kind...

- B. *Let's give our violet flame prayer again, knowing that when we say I AM we mean God in me is!*

*I AM a being of violet fire,
I AM the purity God desires.*

Put your hand on your throat as you give these decrees so you can feel the power being released.

Activity 5: Coloring sheet of throat energy center to color and mount on body outline.

