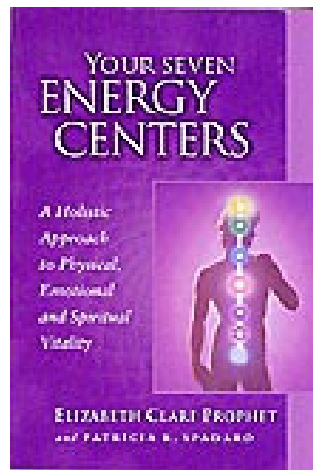


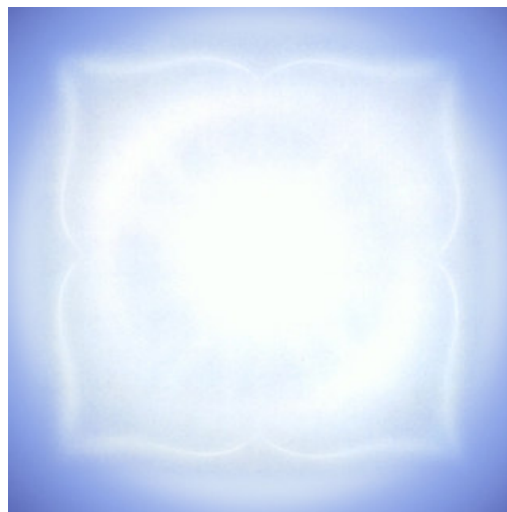
**Book Study Group Children's Lessons  
Based on  
*Your Seven Energy Centers***

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 Two – YOUR FIRST ENERGY CENTER:  
THE BASE-OF-THE-SPINE  
For Children ages 3 - 6**



**Parent/Teacher Preparation:** This lesson is taken from the chapter “First Energy Center: Base of the Spine.”

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)
- Roll of white paper, several paper grocery bags or large sheets of paper taped together to the size of your child’s body. (This is for the ongoing chakra project.)
- Coloring sheet of the chakra (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
- Flower seeds or small plant, small pots and soil (optional activity)

**Set Your Environment:**

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

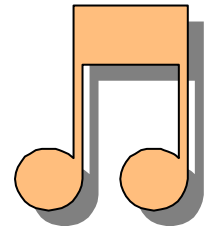
If you have a CD player and drum or tabla music, play it as you are preparing, and as you and your child begin.

**Suggested Music:**

Drum or Indian tabla music, such as:

“The Stars and Stripes Forever,” by Sousa  
(*Classic Marches*, Leonard Slatkin, Conductor; RCA Victor)

“Bhoop”  
(*Call of the Valley*; with Shivkumar Sharma, Brijbushan Kabra and Hariprasad Chaurasia; Hemisphere)



**Overview of the lesson:** Children will be learning about the base-of-the-spine chakra. The key concepts for this lesson are:

- The key word or quality for the base of the spine is PURITY.
- God is both Father and Mother.
- The light from God that is focused in the base-of-the-spine chakra is the mother part of God, who cares for us, teaches us and comforts us.
- The father part of God is the one who protects us, sets the laws and the rules, and disciplines us.
- All energy of life belongs to God.
- How beautiful everything is that God made! God made me, and so I am beautiful too!

**Activity 1:** Trace your child's body.

*We are going to get started today by making an outline of your body, which you can decorate and color in. As we learn about our chakras, we are going to make beautiful pictures of them, cut them out and glue them onto the outline.*



**Lesson:**

*In the first lesson, you learned about the “Chart of Your Divine Self.” You saw your Mighty I AM Presence and Holy Christ Self, and saw yourself surrounded by light. You also saw pictures of the chakras – the energy centers that connect God’s energies into your body. Our chakras spin when they are filled with God’s light and energy.*

*Today we are going to find out about the first chakra – the one at the bottom of the chart, the base-of-the-spine chakra. Let’s look at a picture of the base-of-the-spine chakra.*



*What color is it? (White)*

*How many petals does it have? (Four)*

*Each chakra has a special key word. The key word for the base of the spine is PURITY. Clean is another word for purity.*

*The light from God that is focused in the base-of-the-spine chakra is the light energy of the mother part of God. This light energy is sometimes called the Divine Mother, the part of God that lovingly cares for us, teaches us and comforts us.*



*Mother Mary*



*Kuan Yin*

*Let’s talk about mothers. What do mothers do for their children? (Discuss how mothers take care of us: they hug us, kiss our hurts, play with us, put us to bed, pray for us and teach us how to behave, etc.)*

*The light in the base-of-the-spine chakra, the light of the Divine Mother, is a pure white light. It is clear and clean. It is sent to us by God who loves and takes care of all of his children.*

*How do we take care of life?*

*For example, how do you take care of plants? (Water, fertilize, pull out weeds.)*

**Activity 2:** Plant seeds or a small seedling and talk about the care it will need.

*Do plants tell us what they need? No, of course not! They can't talk, but if we watch them closely, we can tell what they need. When a plant looks faded or yellow, it needs sunlight. When a plant is droopy, it needs water.*

*People who love us, especially mothers and fathers, can tell when we are faded or droopy and need a little love. They will come and give us a hug when we are not feeling well. Love is like sunlight and water to us.*

*Maybe you don't always tell your parents how you are feeling, but because they love you, they watch you and notice when you need a hug. This is God's mother energy working in your own house. Even fathers have the love of the Divine Mother when they are gentle and caring.*

*This beautiful white light of the Divine Mother can work in you too, whether you are a girl or a boy. You might notice a friend who is quiet and sad. When you go over to your friend and say something to make him feel better, that is the Divine Mother working through you.*

*Can you think of a time the mother light worked through you? While you are thinking about that, I will tell you a time when I felt the Divine Mother working through me. (Sharing your own experiences and your love of God is an important aspect of the spiritual education of your children. You are their role model. They need to see you expressing your spirituality.)*

*God cares for us and allows us to use the light and energy that He gives us. But it really belongs to God. All of nature is God, all of our body, all of the things we think about and feel. It is all God's energy.*

*Let's say together:*

*How beautiful is everything that God made!  
God made me, and I am beautiful too!*

*Every moment of every day, you receive God's energy and decide how to use it. Every time you use God's energy, it either makes you grow stronger and closer to God, or, if it is unkind and thoughtless, it takes you away from God.*

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*When we have done good things with the energy inside of us, we feel pure and good. When we do not do good things, it is harder to feel like a beautiful son or daughter of God. That is why it is so important to use the energy inside of us for good and kind things.*

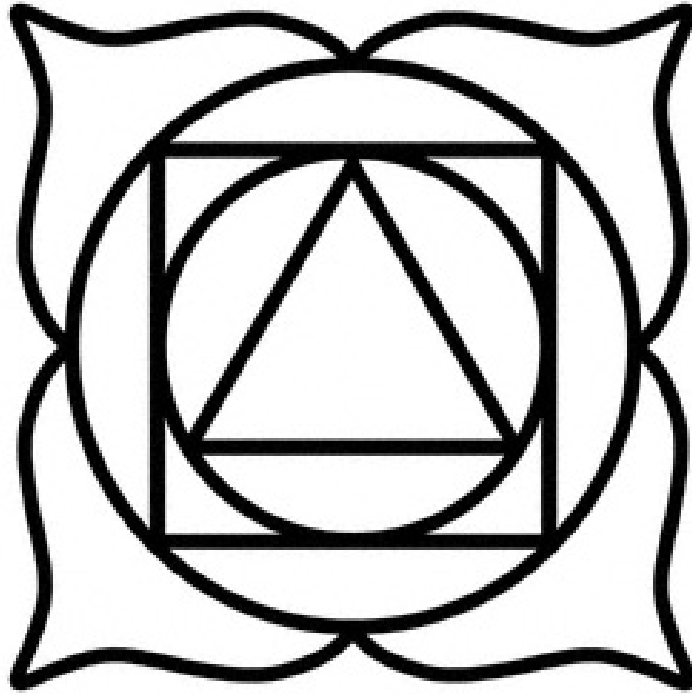
**Activity 3:** Hand out the outline of the base-of-the-spine chakra that you have printed.

*Here is the base-of-the-spine chakra. You can color it with a white crayon and while you do, I want you to be thinking about purity and love that God has put inside you with this beautiful chakra.*

*Once it is colored, you can glue it onto the outline of your body, at the base of your spine. We are going to keep your outline in a safe place while we add the rest of the beautiful chakras.*

**Conclusion** (Discussion)

*This week as you work and play, remember that you are beautiful and special to God! You are receiving God's light and energy into your base-of-the-spine chakra. It brings you the light and love of the mother part of God, and every minute of every day, you choose how you will use it.*



**Base-of-the-spine energy center to color, cut out and mount on your body outline.**