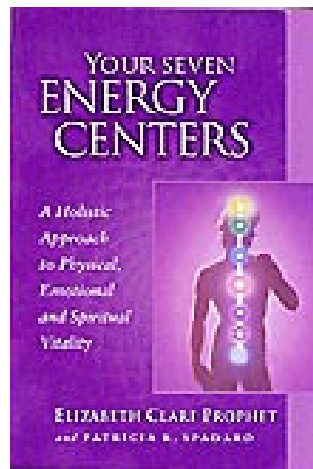


Book Study Group Children's Lessons Based on

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 Five – YOUR FOURTH ENERGY CENTER: THE HEART For Children ages 3- 6



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

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 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

Set Your Environment:

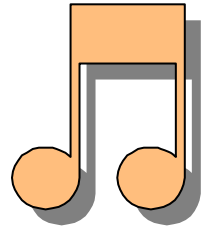
Pick a time when both you and your child are rested and happy.

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

Suggested Music:

Harp music, such as:

Bridget Cruise/Jon O’Connor/George Brabazon
Celtic Treasure: The Legacy of Turlough O’Carolan, Narada
Collection Series.



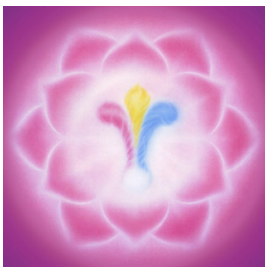
Overview of the lesson

We will be learning about the energy center of the heart.

- The heart is the most important energy center.
- When we meditate and think about God, we always begin by thinking about our heart center.
- The energy that comes through our hearts is love.
- Many people in the world have done wonderful, loving things.
- Love means loving not only people that are like us, but also people who are different from us.
- We have all lived in many bodies on earth many times, in many places.
- Every minute of every day, God gives his energy through our energy centers and we decide whether to be loving and kind or naughty and unkind with it.

Lesson:

The heart is the most important energy center in our body. Let's look at it very carefully.



What color is it? Pink.

How many petals does it have? Let's count them together. Twelve.

When you meditate and think about God, it is important to always begin in your own heart. Imagine that you are actually going into your heart. There is a special little part of your heart, called the Secret Chamber of the Heart, where your God flame was put when you were born. Let's close our eyes and see if we can see that little flame in our hearts. Pause and allow children time to see themselves in their hearts.

The energy that comes through your heart is love. It can be soft and gentle, like when we see someone crying and we go over and help them feel better with a kind word or a pat on the back. It can also be strong, like the love of our mothers and fathers when they are ready to protect us and make sure we do the right thing because they love us so much.

Can you think of some examples of love? Invite children to discuss this. You might wish to collect some pictures that demonstrate love in various ways, and use them to stimulate discussion.

Activity: A Ball of Love

Get a soft ball or bean bag, (ideal if it is pink). Hold it close to your heart and charge it with your love. *Dear God, fill this ball with the love from my heart, so when all my family and friends catch it, they will feel my love.* Toss it to your child and ask him to silently or aloud charge it with his or her love and toss it back to you or to the next child, and so forth.

Let's talk about some heroes of love in our world. There are many people in our world who have done wonderful, loving things. One person who was especially kind and loving was Mother Teresa. Do you know who she was? She was a small woman from Eastern Europe who went to India to serve God and his people. She decided to help the poorest people she could find – men and women who had no homes and who lived on the street and were very sick. She took care of them, and over many years of doing this, she opened many hospitals and schools for poor children. Mother Teresa once said, "We do no great things. We do only small things with great love." What do you think that means?

Can you think of some other heroes of love? Allow children to share.

Even animals can be kind. There is a wonderful true story of Scarlett the cat. She lived in New York and had a litter of kittens. The building the kittens lived in caught fire. The fire was very bad. Scarlett was very brave and a very loving mother. She went in and got first one kitten. She took it out to a place in a box where she thought the kitten would be safe. Then, as the fire got hotter, she went back in the burning building and got the second kitten.

Two more times Scarlett raced back in. Her paws were burned, her whiskers were singed off, and her face was badly burned. But the love of the mother cat, Scarlett, was so great that she risked her life to save her babies. The baby kittens all survived, although Scarlett and the babies had to stay in the animal hospital for many days to heal their burns and to clear their lungs from all the smoke they had inhaled. All of the kittens and their mother were adopted and went to love in homes where they were well cared for and loved very much.

Love and differences

People come in all sizes and shapes and colors. People we meet may be different ages. Some are like us and some are very different from us. Do you remember when we talked about the fact that each and every one of us is uniquely different? No two of us are exactly alike. We are all God's children, no matter what we look like. Each one of us needs love.

Optional activity: Pictures and stories of children from around the globe

There are many excellent children's books that show children from all over the world. These are perfect extensions to this lesson.

Lesson:

Have you ever met someone and right away you knew you liked them or didn't like them? Have you ever wondered why that happens?

We have all lived in many bodies on earth so many times. This is called re-embodiment or reincarnation. In each lifetime we have had a family and friends and we had both good and bad experiences. Even though we may not remember what happened, we still have certain recognition of people and habits we seem to be born with.

When we recognize people right away like this, it is probably because we have known them before. Maybe they were a relative or a good friend! Maybe they were unkind to us and we never forgave them, or maybe we were unkind to them and we know deep down that we would like to make it up to them. If we are angry with someone and do figure out how to make it right again, it makes us sad. This sadness can be from something that happened yesterday or something that happened a long time ago. It does not matter when it happened. It just matters that we find the way to work it out so we can feel better about it.

It is always a good thing to ask God to help us send love to every person we meet. In our last lessons we did the prayer, I AM Forgiveness. Let's say it again.

I AM Forgiveness

*I am forgiveness acting here
Casting out all doubt and fear,
Setting men forever free,
With wings of cosmic victory!
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.*

Stop and ask yourself each day, when you are playing and talking to your parents or your teachers or friends: Am I being loving and kind or am I being naughty and unkind? Are the things I am doing with my friends loving and kind, or are they naughty? Deep down we always know the difference.

Remember, every minute of every day, God gives you his energy and every day you decide whether to be loving and kind or naughty and unkind.

Close your eyes and see the energy center of your heart the color of a beautiful pink rose, full of love and kindness.

Activity: Drama, if you have two or more children present.

Let's have a little play. One child may pretend to be a child who is mad at her mommy, and wants to stomp on the flowers in mother's garden. This child wants a friend to do it too. The angry child tells the friend what he or she wants the other to do. The other child pretends to be the friend and tries to convince the friend not to do it.

Activity: Color heart chakra and mount on body outline. (See pattern below.)

Summary

Our lesson has been about our heart and learning to love more. Your job this week is to do as many loving and kind things as you can think of, and to come back next week and tell us about one of them.



Heart energy center to color, cut out and mount on your body outline.