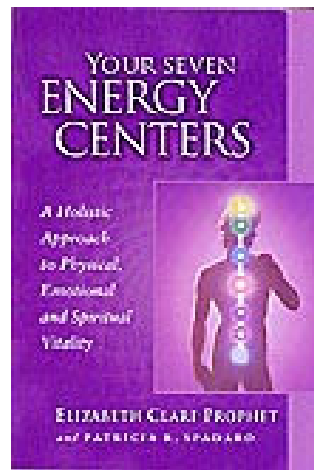


**Book Study Group Children's Lessons
Based on
*Your Seven Energy Centers***

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 Eight – YOUR SEVENTH ENERGY CENTER:
THE CROWN
For Children ages 6-10**

Insert color chakra

Parent/Teacher Preparation: This lesson is taken from the chapter, “Seventh Energy Center: Third Eye, pages 164-182.”

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)

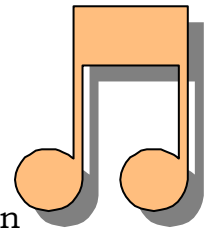
- Coloring sheet of the energy center (included at the end of this lesson for your child to color, cut out and place on the outline of his body)
- Crayons and colored pencils
- Non-toxic glue
- Pattern (included in lessons) and mock jewels for making and decorating a crown
- Gold glitter

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 instruments corresponding to the crown are the strings, including the violin, viola, cello and basses. The Russian balalaika and the Japanese koto are also stringed instruments. Specific suggestions:

Allegro ma non troppo
(*Beethoven Violin Concerto*, Pinchas Zukerman, violin; RCA Victor)

Massenet: Meditation, from “*Thais*”
(*Meditation: Classical Relaxation, Vol. 2*; LaserLight)

Overview of the lesson:

- The key word for the energy center in the crown is wisdom – wisdom is when we think thoughts like the ones in God’s mind.
- When our crown center opens, we hold the key to the incarnation of God.
- The light from God that is focused in the crown is the energy of the Divine Father.
- The open crown chakra is why we often see halos around pictures of saints
- It is good to be quiet sometimes, especially when you are out in nature.
- We can use decrees to keep us safe and protected.

Lesson:

Today we are going to find out about the energy center called the crown. The crown is where we receive and experience wisdom and enlightenment from God. Many pictures of Jesus and other great masters and angels show a halo around the head. This halo represents the opened crown center.



The open crown chakra is why we see a flame on the head of the Buddha in many pictures and statues of him.



One time people asked the Buddha who he was. He said, "I am awake." Because his crown chakra was open, he had divine wisdom and was awake to who he really was – his Mighty I AM Presence. If you look at the Mighty I AM Presence in the top of the chart, you can see that all around the head is the rings of the Causal Body – like a halo.



When the energy rises from the base of your spine all of the way up through the other energy centers into your crown, you experience the illumination of the mind of God and the compassion of the heart of God, making you want to share the wisdom you have learned.

Sometimes we feel we cannot figure out the next step to take, whether it is in a drawing we are doing, or a paper we are writing for school, or in some other project. Just be still, meditate on your crown chakra and see what ideas God sends to you!

What is a Crown?

You know what a crown is, right? Who wears one? Kings and queens wear crowns. The original idea of kings and queens was that they were anointed by God to rule over their people with kindness and justice, because of their connection to God.

When your crown chakra opens, your energy has risen all of the way up from the base of the spine. This is like the mother God of the energies of the base of the spine coming together with the father God in the crown and when they meet there is a great celebration. When the father-mother God are united inside of you, you are crowned king of light. You are the master of yourself.

*You now hold the **key** to the **incarnation** of **God**. That is the inner meaning of the word "king."*

King

*K = key
IN = incarnation
G = God.*



When your crown chakra is fully open, you are like the king or queen, ruling all of your own energies.

Where do we wear a crown? We wear a crown on the top of our head. Our crown chakra is right at the top of our head, and it opens up with almost 1,000 petals! What color is it? The crown is brilliant yellow.

Activity 1:

Provide a crown pattern with yellow or gold paint or crayons, gold glitter and mock jewels to glue on. (Pattern is found at the end of this lesson.)

Lesson:

The key word for the crown energy center is wisdom – and that means when we think the thoughts like the ones in God’s mind. When we are in school we learn many things, but it is when we learn about God and feel the light shining in our mind with God’s ideas, that we are really learning wisdom. To get the ideas of God, sometimes we have to learn to be still and quiet.

Activity 2:

Let’s try a game called the Silence Game. (Try this only if you feel it will succeed with your child or your group. Don’t be afraid to give it a try if you think it MIGHT succeed, you may be surprised how many children take to it.) Have your children sit on the floor with their legs crossed – we sometimes say “Criss-cross applesauce.” Give the following directions in a quiet, soothing voice. Now we are going to see if we can make silence. First let’s get comfortable and see if we can make our legs and feel very still and quiet. Now, let’s put our hands in our laps and see if we can make them be very still and quiet. Now, let’s see if we can make our tongues be very still and not make a sound!

Wait a moment as everyone quiets down. Lower your voice still more. I want you to listen very carefully and see if there are things you don’t usually hear. Stay very still and quiet. Don’t make a peep. Pause for a few moments, as long as you feel you can. You can stop at this point or go on to the next brief section. When you sense stirring about to begin, say, Now, I am going to call you by name, very quietly. As soon as you hear your name, you can quietly get up and come to sit by me.

When it is over, congratulate your child on making silence. Ask what she heard. You might make a comment about what you heard to get her started. Discuss as long as your child is interested.

Activity 3: Draw what you heard.

Have your child write or draw about what she heard in the silence.

You know, it is good to be quiet sometimes, especially when you are out in nature. Do you like to play outside? Sometimes if you are playing outside all by yourself, you can sit down for a while and think about God and maybe use your third eye to see your Mighty I AM Presence, the pink flame of God in your heart of the golden flame of illumination in your crown. When you think more and more about God and less about all of the things outside, it helps your crown chakra to open up.

Activity 4: Color crown chakra

Color and mount the crown chakras to color and mount. Give your child time to complete their chakra person if there are any pieces missing or if your child wants to decorate her project.

Activity 5: Review: Since this is the last session about the seven energy centers, ask if your child can tell you something about each chakra. Begin with the base of the spine and go up to the crown.

Activity 6: I AM Decrees

Let us give some decrees, to make sure we remember to seal ourselves and our energy centers in light.

Decree to Archangel Michael – This is a special prayer we can give every day to ask the beautiful blue angel of protection to always stay with us and keep us safe:

Lord Michael before, Lord Michael behind, Lord Michael to the right, Lord Michael to the left, Lord Michael above, Lord Michael below, Lord Michael, Lord Michael, wherever I go! I AM his love protecting here (3X).

Tube of Light decree

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!

Violet Flame

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

We can give these decrees every day for the rest of our lives!

Activity 7: Question cards

Here are some questions for a quiz on the energy centers. They are designed so you can cut them out and begin to build a deck of question cards. You may want to print them and mount them on 3" x 5" index cards for long-term use. As you study each energy center, add the new cards to your deck. It gets more fun!

Children love to be quizzed, because they love to show you that they know the answers. Fun repetition of simple games leads to mastery of knowledge. If your child is a reader, let him ask you the questions first. This is a powerful way to review the facts before he takes his turn.

**Cards marked with # 6 are quiz cards for the third eye energy center. With each new energy center lesson, your child can add the new question cards to the deck.*

Where does all of our light
and energy come from?

God

#7

Who decides how you use
God's energy inside of
you?

I do!

#7

Which energy center helps
us to experience God's
mind?

Crown energy center

#7

Which color is the crown
energy center?

Yellow

#7

What are some ways we see crown energy center in paintings and statues?

Halos and flames over the head

#7

Which energy center has 1,000 petals?

Crown

#7

How many petals does the crown center have?

1,000 petals

#7

Which energy center corresponds to the strings?

Crown energy center

#7

Which energy center focuses the mind of God?

Crown energy center

#7

What is the key quality of the crown energy center?

God - Wisdom

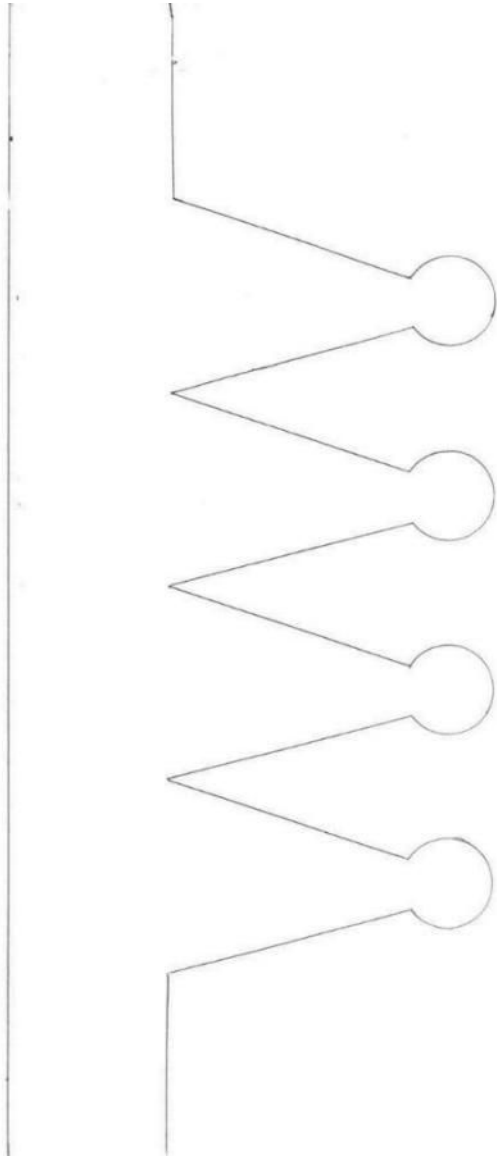
#7

What does the word “king” mean?

Key to the incarnation of God

#7

Crown pattern



Crown Chakra

