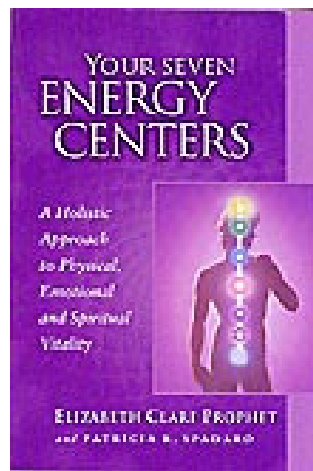


**Book Study Groups Children's Lessons
Based on**

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 Three – YOUR SECOND ENERGY CENTER:
THE SEAT-OF-THE-SOUL
For Children ages 6 – 10**



Parent/Teacher Preparation: This lesson is taken from the chapter, “Second Energy Center: The Seat of the Soul.”

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:

- 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 that were traced in Lesson 1)
 - Crayons and colored pencils
 - Non-toxic glue
 - Thin watercolor paint or washable ink
 - Paper
- **Supplemental Reference:** *The Little Me and the Great Me*, by Lou Austin. (Wonderful resource, usually available at Amazon.com)

Set Your Environment:

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

Recommended Music:

Music featuring the woodwinds corresponds to the seat-of-the-soul chakra. Specific suggestions:

- No. 1 in A Major
(*Telemann: Twelve Fantasias for Flute Solo*, Jean-Pierre Rampal, flute; Denon)
- Planxty Burke/Planxty Drew
(*Celtic Treasure: The Legacy of Turlough O’Carolan*, Narada Collection Series)



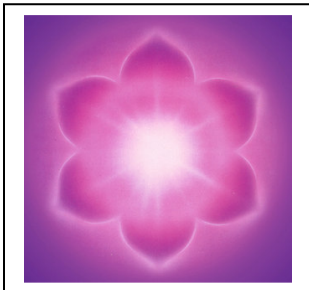
Overview of the lesson: The child will be learning about the seat-of-the-soul chakra, and how it contains our unique identity. Key concepts for this lesson are:

- The key word or quality for the seat-of-the-soul chakra is FREEDOM.
- When God made you he gave you a very special plan of your own, a soul pattern.
- God has given you some very special gifts or virtues that you can share with others.
- All of God's gifts will support you in your career and mission when you grow up.
- Each one of us decides how to use the energy that God gives us.

Activity 1: Find the point of balance in the body. *Stand on one foot, holding the other knee up as a crane does. Feel the point of strength and balance in your body.*

Lesson:

The charka we are going to learn about today is called the seat-of-the-soul chakra. Let's look at it carefully. (Hold up the picture of the seat-of-the-soul chakra.)



*What color is it? (Pause so child can respond.)
Yes, the seat of the soul is violet.*

Let's count the number of petals (Pause so child can respond.) Yes, six!

The key word or quality for this chakra is FREEDOM. Located a little below your belly button, it is the energy center where your soul is connected to your body.

When God created you, he gave you a very special plan for your life. Sometimes we call it our soul pattern. Did you know that there is no one else in the entire universe with the exact same soul pattern as you have? It is like finger prints—no two people have the same fingerprints either. Let's see for ourselves.

Activity 2: Compare fingerprints. *We will each dip our thumb into thin watercolor paint or washable ink, and then press it on a piece of paper and look at the print. We will see if our fingerprints look exactly the same. (Optional - You can make a game out of this by making two prints from each child and adult on small slips of paper. Keep one set on your work space and hide the other set around the room or yard. As children find a print, they have to match it to the first set.)*

Do you know how special you are to God? You are very special, not like any other person. Even if you are a twin, you are not exactly like the other person. That means you have some very special gifts that God has given only to you. God wants you to share these gifts or virtues with others. Can you think about a gift or virtue that God has given you to share with others? Is it kindness? Do you spread love? Are you joyful? Are you helpful to your family and friends? While you are thinking, I will share one way I have shared the special gifts God has given me. (It is important to model your own spirituality to your children. You are their role model. After you speak, pause and let your child respond.)

We can share with each other every day the gifts that God gave to us. All of the virtues and talents that God gave you make you special – one of a kind. These gifts support you in your career and mission when you grow up.

Do you know what you want to do when you grow up? Some children know as soon as they start to think about it what they want to be, but some children spend a long time figuring it out. (Discuss. You may want to share how you decided what career to follow.)

Have you ever seen or met someone that you knew right away and felt good being with them? Or have you had a difficult time with someone new you met? (Pause and let child respond.)

When this happens, it may be a message from your soul. There may be something the two of you have to work out. The way to work out any problem is by being loving and kind, even when it might be difficult to do it.

You know, every minute of every day, God's energy from your Mighty I AM Presence comes to you through the crystal cord, and into your heart chakra and then to the other chakras. You choose how you use God's energy – by being loving and kind or by being unkind and selfish. Each one of us decides how to use the energy that God gives us in our chakras.

There is a prayer to give when we are sorry and we want God to forgive us for doing something wrong. When we give this prayer, we want to visualize the violet light all around us. (Show the Chart of Your Divine Self and point to lower figure.)



This is you, your soul, standing in the violet light. You can see yourself like this surrounded in violet light when you give this prayer.

*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.*

Activity 3: (Hand out the outline of the seat-of-the-soul-chakra that you have printed.)

Here is the seat-of-the-soul chakra. You can color it violet and think about the special gifts that God has given you.

Once it is colored, you can glue it onto the outline of your body, right above the base-of-the-spine chakra. We are going to keep your outline in a safe place while we are adding the beautiful chakras.

Let's say another little violet flame prayer together. While we say this, we can close our eyes and see the flame in our heart and in our seat-of-the-soul chakra that makes our soul feel very happy.

*I AM a being of violet fire,
I AM the purity God desires.
(Let's say it together three times or nine times.)*

This simple little prayer can help us get rid of things that make us feel sad or mad. This prayer brings more of God's light into our chakras, especially the seat-of-the-soul chakra.

Conclusion: (Discussion)

Today, we have talked about how God created you and gave you a very special plan, or soul pattern, that no one else on earth has. God loves you and sends light and energy to your chakras. The seat of the soul is the place where your soul is connected to your body.

We have to try each day to use God's energy in loving ways. When we forget to do the right thing or even when we are upset and deliberately do the wrong thing, we can always pray to God for forgiveness. We can always invoke the violet light and see it all around us. It is God's powerful cleanser. God is always ready to forgive us when we are sorry for what we have done.

Review Activity: Question cards.

Here are some questions for the seat-of-the-soul energy center quiz. Cut these out and add to *Your Seven Energy Centers* quiz cards. 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.

*Cards marked with #2 are quiz cards for the seat-of-the-soul energy center. These cards can be added to the game deck you began to assemble after the lesson on the first energy center.

Does anyone else have the same fingerprints or soul pattern as you do?

No

#2

Who gave you your special soul pattern?

God

#2

Which energy center connects you to your soul?

Seat-of-the-soul chakra

#2

What color is the seat-of-the-soul chakra?

Violet

#2

What are some positive ways to express the seat-of-the-soul energy center?

Freedom, mercy and forgiveness

#2

Which energy center has six petals?

Seat-of-the-soul chakra

#2

How many petals does the seat-of-the-soul chakra have?

Six petals

#2

Which energy center corresponds to the woodwind family of instruments?

Seat-of-the-soul chakra

#2

Which energy center focuses the God-quality of freedom?

Seat-of-the-soul chakra #2

What is the key quality of the seat-of-the-soul chakra?

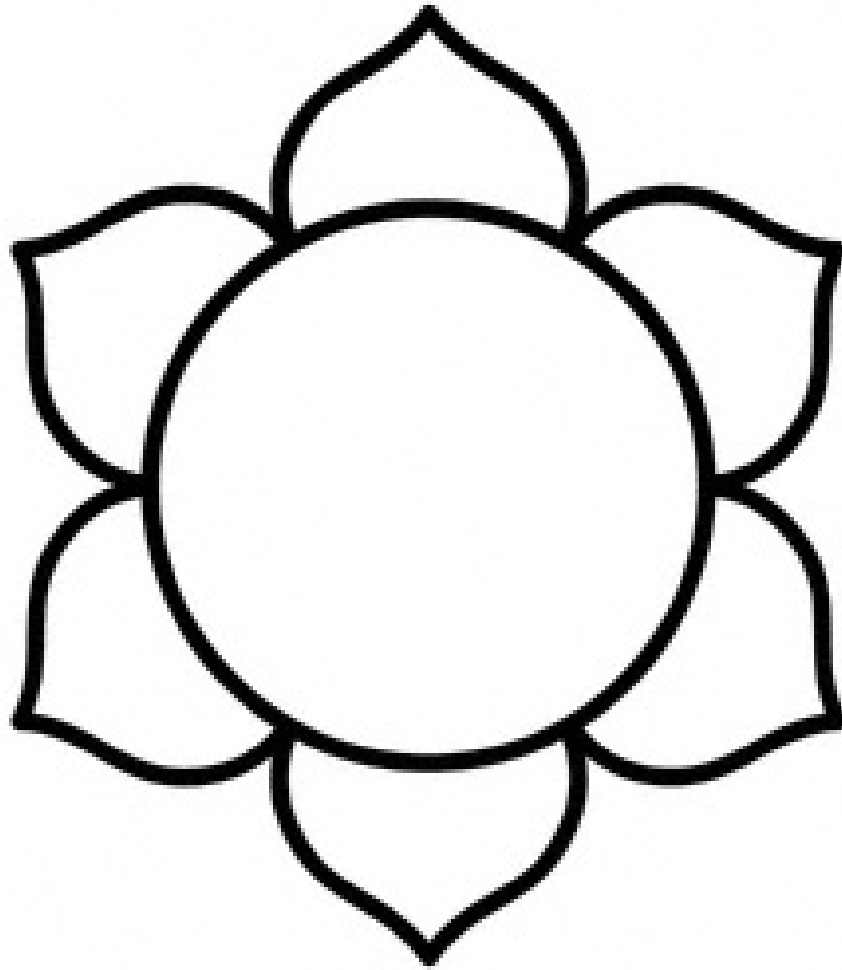
Freedom #2

What color of flame do you visualize when you ask God for forgiveness?

Violet #2

What should you do when you hurt someone?

Ask God to forgive you and say you are sorry to the person that you hurt. #2



Seat-of-the-soul energy center to color, cut out and mount on your body outline.