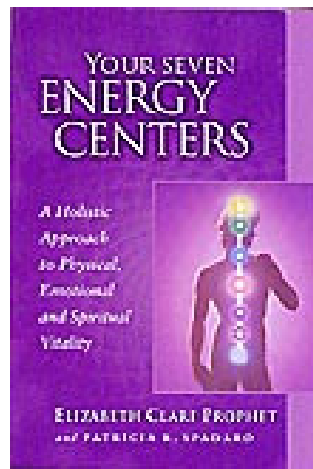


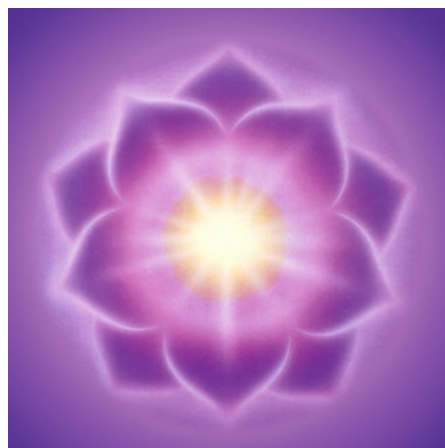
**Book Study Groups Children's Lessons
Based on
*Your Seven Energy Centers***

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 Four – YOUR THIRD ENERGY CENTER:
THE SOLAR PLEXUS
For Children ages 6 – 10**



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Parent/Teacher Preparation: This lesson is taken from the chapter, “Third Energy Center: Solar Plexus.”

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*. This lesson is divided into two parts which you can present on different days.

Gather the following materials you will need:

- CD and music (optional)
- Solar plexus coloring sheet (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
- Shoe box or any other small box with a lid for your child to color and decorate as a treasure box
- Paint and brushes if desired
- Glitter, miscellaneous beads, feathers, ribbons, etc. for decorating treasure chest

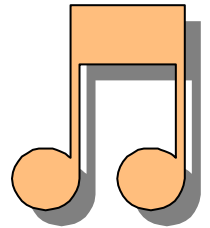
Set Your Environment:

Select a time when both you and your child are rested and happy. You can wear something that features purple and gold.

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

Suggested Music:

Music featuring the organ corresponds to the solar plexus.



“Koraalbewerking: Ich ruf zu dir, Herr Jesu Christ;” by J.S. Bach – W.P. Verheul

(*Koos Bons bespeelt het orgel van de Immanuelkerk te Maassluis*, Arts Music Recording)

Other J.S Bach organ pieces.

Overview of the lesson: Children will be learning about the solar-plexus-chakra. The key concepts for this lesson are:

- The Solar Plexus is where we can be in charge of our feelings.
- The key word for the Solar-plexus-chakra is peace.
- Whenever we get upset, the best thing to do is to find a quiet place and try to calm down.
- There is a special prayer we can learn to surround ourselves with light.
- God wants us to grow strong and healthy and to help others.
- When we use God's energy with kindness and love, it goes up into our Causal Body and it lasts forever as light.
- When we use God's energy wisely, God gives us more.

Lesson – Part 1:

Today we are going to talk about feelings. Sometimes we feel sad. Sometimes we feel happy. We feel disappointment when things do not turn out as we expected. We feel excited when a friend comes to visit.

Another word for feelings is emotions. The word EMOTION (e-motion) means “energy in motion.” We feel our emotions in our belly. Have you ever been mad or afraid and felt like there were butterflies flying around in your tummy? That feeling is the solar-plexus-chakra when it is disturbed.

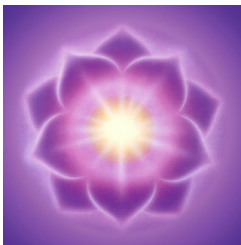
The solar plexus is the place of peace in our body. Our solar plexus stays calm like the surface of a pond when we are happy and helpful. When we feel anger and fear, the calm and peace of our solar plexus is disturbed. These negative emotions are like a storm causing waves and choppy water on the pond.

We can learn to master our feelings so that even when things are going wrong around us we still can stay calm. Whenever we get upset, the best thing to do is to find a quiet place and try to calm down. It helps to take a few deep breaths and count to nine so we stop and give ourselves time to think about it before we say anything mean or hit anyone. Let's try it. (Breathe deeply three times with the children. Then count to nine.)

The key word for the solar-plexus-chakra is PEACE. A good way to keep peace is by prayers and decrees. There is a special prayer that we can say each day that surrounds us with God's light. It is called the Tube of Light decree. When we say this prayer, it helps to visualize the light coming down around us, like we see it in the Chart of Your Divine Self. Let's try it.



*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!*



Your solar plexus is located in your body right beneath your belly button. It is a beautiful chakra, purple and gold with little sparkles of ruby in it.

Let's count the petals. (It has 10 petals.)

Activity 1: Pass out the solar-plexus-chakra coloring sheet for children to color, cut and glue to their body outline. (See last page of lesson.)

Lesson – Part 2

Do you know what God wants us to do with the energy he gives us each day? He wants us to grow strong and healthy and to help others. You may grow up be a doctor or a nurse, a truck driver or a teacher. You may become a cook or an artist or a policeman or a builder. You may be a father or mother, or a scientist that discovers a medicine that helps millions of people. Whatever it is you want to do and be in this life, God wants you to do it for others as well as for yourself. This is called service.

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Here is a little prayer to say to remind you to share the energy God gives to you each day. It is a good reminder that you can be God in action when you help and serve other people. It is called I Am the Hand of God in Action.

*I AM the hand of God in action,
Gaining victory every day.
My pure soul's great satisfaction
Is to walk the Middle Way.*

What are some ways you can be of service to others? (Allow time for discussion. Consider ways for the entire family to share in some kind of service to others. See Teens' Place for [Service Manual](#).)

Every moment of every day, God pours his light energy into your chakras. You decide how to use it. When you use God's energy with kindness and love, it goes up into our Causal Body and it lasts forever as light. When you use it in hurtful ways, it stays with you as energy that some day you have to change.

Let's take a look at the Chart of Your Divine Self again, so we can find the causal body.



Do you remember when we talked about the Chart of Your Divine Self? At the top of the chart is your Mighty I AM Presence, surrounded by beautiful colored spheres that look like rings. The spheres of light are your causal body. All of God's energy you have ever used in love and service is stored in your causal body for all time. That is why your causal body is called your "treasure house in heaven."

Each person's causal body looks a little bit different, because each person has different and unique abilities. Each color of the causal body represents a different quality of God's energy. For example white, the color of the base-of-the-spine chakra represents purity. Violet, the color of the seal-of-the-soul chakra represents freedom. Purple and gold, in the solar-plexus-chakra, is for peace and service.

Activity 2: Make a treasure chest. Color or paint the shoe box then decorate it with whatever you have available, such as glitter, beads and feathers.

Conclusion:

So I want you to think about how you use the solar plexus energy God gives you every day. Do you try to be cheerful and helpful? Do you find ways to help others?

When you wake up in the morning, you can say: "Here I AM, God! You have made me. Use me! Use my mind and my heart and my soul and all of my chakras to show everyone I meet your love and your light."

Review Activities: Questions for an energy center quiz. 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 #3 are quiz cards for the solar-plexus energy center. The other cards can be added to *Your Seven Energy Centers* game deck.

Which chakra helps you learn to control your emotions?

Solar-plexus-chakra

#3

Another word for emotions is feelings.

True or false?

#3

Which chakra is most associated with your feelings?

Solar-plexus chakra

#3

What color is the solar-plexus chakra?

Purple and gold

#3

What are some positive ways to express your solar-plexus energy center?

Peace, brotherhood, service

#3

Which energy center has ten petals?

Solar-plexus chakra

#3

How many petals does the solar-plexus chakra have?

Ten petals

#3

Which energy center corresponds to the musical instrument of the organ?

Solar-plexus chakra

#3

Which energy center focuses the God-quality of peace?

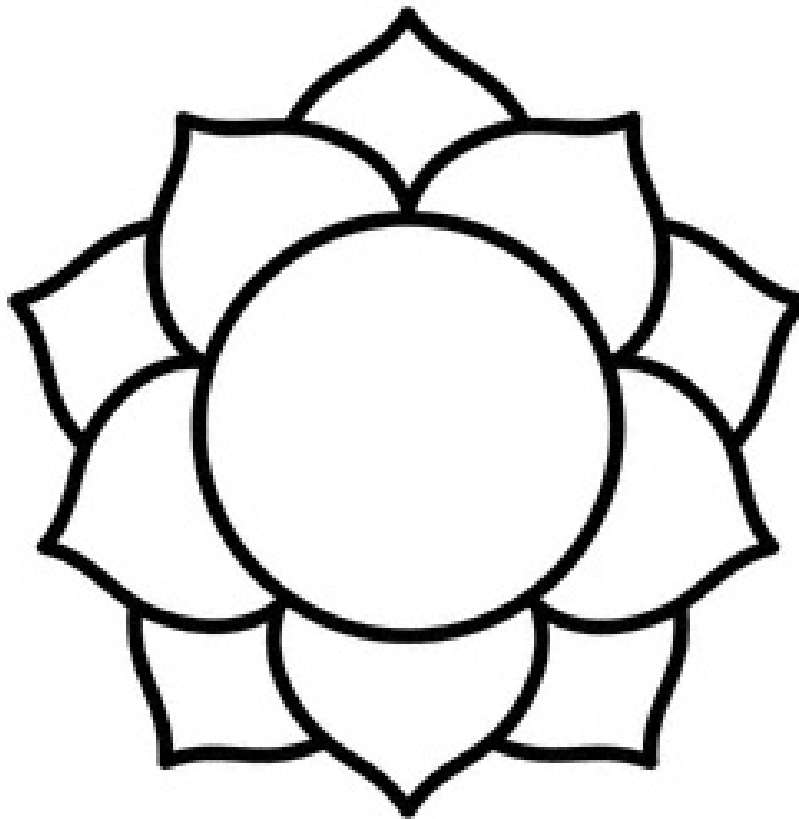
Solar-plexus chakra

What is the key quality of the solar-plexus chakra?

Peace

#3

#3



Solar-plexus energy center to cut, color and mount on your body outline.