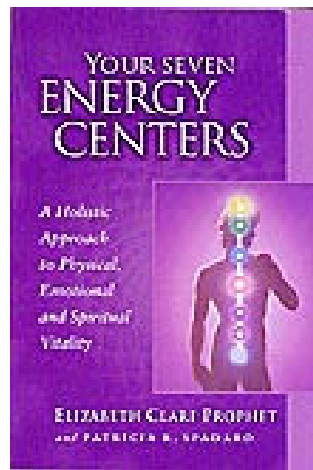


**Book Study Group Children's Lessons
Based on
*Your Seven Energy Centers***

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 Six – YOUR FIFTH ENERGY CENTER:
THE THROAT
For Children ages 6-10**

Insert chakra

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

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 energy center project.)

©Permission to copy and share the lessons in their entirety, including the copyright and contact info, is granted. Lessons may not be sold or used in any way to gain profit. Published by Montessori International. Copyright © 2006 Montessori International. All rights reserved. www.pathwayforfamilies.org 1

- 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
- Materials to make a sword:
 - 1 sheet of foam core board at least 18" long, (available at craft stores)
 - Knife (for adult to cut foam core)
 - Ruler
 - Pencil
 - Scissors
 - Heavy duty aluminum foil
 - Scotch tape
 - Crayons or paints to color handle of sword

To make the sword, cut out the blade shape from the foam core board, 18" to 20" long, 3 inches across at the bottom and 1" at the rounded tip. Cut two identical handle shapes. Attach to the two sides of the end of the sword. Color in the handle, decorate it as desired. Wrap aluminum foil around the blade and tape it in place.

Set Your Environment:

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

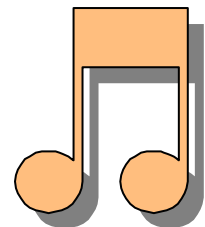
If you have a CD player and some classical brass music, play it as you are preparing and you and your child begin.

Suggested Music:

The instruments corresponding to the throat are the brasses. Specific suggestions:

Fanfare Trionfale, by Green (*Brass Around the World*, Prince of Wales Brass; ASV Digital)

Elsa's Procession to the Cathedral from *Lohengrin*, by Wagner (*Brass Around the World*, Prince of Wales Brass; ASV Digital)



Overview of the lesson: This lesson is going to introduce children to the energy center at the throat, the blue chakra.

- The key word for the throat center is power.
- The way God created was to speak the command, “Let there be light!”
- We decide every minute of every day, how to use God’s energy through us.
- When we speak, our words carry energy and they create feelings and ideas around us.
- When there is dark, heavy energy around us and inside of us, we can begin to say special prayers that burn up the dark energy. They are called decrees.
- The name of God is I AM That I AM – when we say I AM, it really means, God in me is.

Lesson:

Let’s look at the chart of your energy centers. Do you remember last week, we talked about the energy center of your heart? We were all going to try to do things that were loving and kind and today, Do you have anything you would like to share that was loving and kind? (Be prepared to share something yourself – that you did or saw your child do.)

Now we are going to look at the next energy center. It is just above the heart.

Where is it? (Throat)

Insert chakra

What color is it? (Blue)

How many petals does it have? (16.)

Each of your energy centers has a special key word that tells what it is for. The key word for the throat is POWER. That makes sense because a lot of our power and energy comes from what we say.

In the Bible there is a wonderful story of how God created the world. He began by speaking the words, “Let there be light!” Let’s say these words together loudly, with strength and power. The next words of the story are: “And there was light.” So the way God created was to speak the command. He used his voice, which is right there, at the throat. God took his great power and to create, he released it through his throat chakra, through the spoken word.

Activity 1: Feel the vibration of your voice.

Let's say the Indian word Om. It is a word that we can continue for a long time. While we say it, put your hand on your throat so you can feel the vibration and the power coming from your throat.



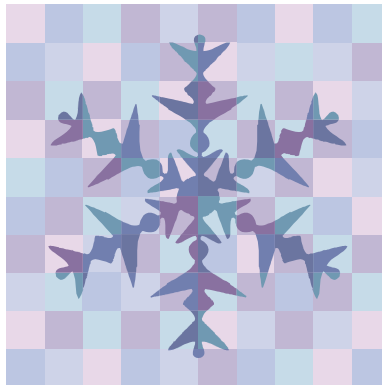
Sanskrit letters for Om

Activity 2: How the human voice affects water.

There is a Japanese man who has been doing some amazing research. His name is Masaru Emoto. There are books in the library about his work and there are websites where you can go to learn more about it.

http://www.life-enthusiast.com/twilight/research_emoto.htm.

Mr. Emoto found out that the power sound from the throat makes beautiful patterns that resemble snowflakes when it is harmonious and kind. It makes ugly and confused patterns when it is discordant.



Activity 3: Making a sword

The word sword has a special meaning. The first letter, the “s” stands for sacred, so when you put it together, you have sword = sacred word.

The knights of old used swords. Stories of the angels show that they also use swords – or the sacred word to help people. Here is a picture of

Archangel Michael, the archangel of power. His color is blue, just like the throat energy center. You can see that he is shown with a sword that represents his use of God's holy word with the power of God from his throat.



Here is a special prayer that you can say to ask him to help you.

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).

When we give this prayer, we can pretend we are taking the light from our heart and using it to point in each direction as our sword – sacred word – as we say the prayer. When we get to the part, Lord Michael, Lord Michael, wherever I go, we trace a huge circle in front of us. As we say, I AM his love protecting here (3X), we can clap.

Activity 3: Making a sword

You can make a sword and use it when you give your decrees and prayers as described above. See directions above in materials section.

Lesson:

A man named C.W. Leadbeater could see people's thoughts in their aura and wrote about what he saw. "Each word as it is uttered makes a little form...just as a thought does..." He says that the word hate for example, "produces a horrible form, so much so that, having seen its shape, I never

use the word.” Leadbeater explains that the forms of the words and thoughts we say and think are all around us and we can feel one another’s energy when we are around them.

God has given us voices so that we can use the power of God that he has given us. Every time we open our mouths to speak, we are making a choice – to use our words to help or to harm. Both the Buddha and Jesus Christ taught about using our voices properly.



Gautama Buddha taught about right speech. This is using speech to help and support and not to gossip or condemn. He tells us that we should give up harsh language and rudeness, always speaking words that are soothing to the ear and going straight to the heart.

Jesus said that by our words we are justified or we are judged. When we understand that words come from the power center in our body, we understand how powerful they can be. Remember that every minute of every day, we have God’s energy and we get to decide how to use it? Who decides how to use God’s energy through us? You do!

Activity 4: When we misuse God’s energy through our threat

When we use God’s energy to say unkind, hurtful things, if we are mad or have our feelings hurt, it creates dark, heavy energy and ugly forms.

Whenever that happens, we can begin to say special prayers that burn up the dark energy. Would you like to learn one of these prayers? It is very simple and goes like this:

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

Close your eyes and see if you can see a fire burning in your heart and see it turning brilliant violet.



Violet fire

This is the color of forgiveness and it is the color that changes things from darkness to light. You can do this little prayer any time when you feel things are not quite right and you feel upset or angry or afraid.

Tips for controlling energy

1. *If you are in a situation where someone is saying something that you do not like and you are tempted to lash out with your words, try staying silent until you can think about what to say.*
 - a. *Take a deep breath*
 - b. *Count to nine*
 - c. *Then speak.*

You cannot control what other people say, but you CAN be in charge of your own energy.

2. *Try being silent sometimes. Don't waste time in chattering when you can find something constructive to do. Chattering all the time drains you of power and energy.*
3. *When you do speak, speak the truth and make sure your facts are accurate. The great teacher of China, Confucius, taught that being honest and supporting honest people can raise up an entire nation.*



Confucius

Using the name of God – the story of Moses

Do you know the story of Moses and the burning bush? Moses lived thousands of years ago and he loved God very much. His people, the Israelites, were slaves of the Egyptians, and had to work all the time. Moses was born in Israel, but to keep him safe at a time when the Egyptian soldiers were killing people's boy children, his mother had put him in a basket on the river and the daughter of the great Egyptian king (called the pharaoh) found him and raised him.



When Moses grew up and became a man, Moses went one day up the mountain, where he thought he could pray to God better. When he got to the top of the mountain, he saw a bush burning, but it was very strange, because it was not getting burned up, like wood usually does in a fire. Suddenly, out of the bush he heard a voice, calling him. "Moses, Moses." Moses answered, "Here am I."



God told him to take off his shoes, because the land where he stood was holy ground. Then God said, "I am the God of they father, the God of Abraham, the God of Isaac, and the God of Jacob." Moses was afraid and turned away, afraid to look upon God's face.

God told him he had heard the cries of children and knew their sorrow. He told Moses he had come to deliver his people and to lead them to a land of

©Permission to copy and share the lessons in their entirety, including the copyright and contact info, is granted. Lessons may not be sold or used in any way to gain profit. Published by Montessori International. Copyright © 2006 Montessori International. All rights reserved. www.pathwayforfamilies.org 8

milk and honey. Then he told Moses that he would send him – Moses – to Pharoah (the Egyptian king) to free the people.

Moses asked God, “When I come unto the Children of Israel, and tell them the God of your fathers hath sent me and they ask me what is thy name, what shall I say?”

*God said to Moses, “**I AM That I AM.... this is my name forever.**” We can say his name, I AM THAT I AM, as a prayer that we repeat over and over as many times as we want. Let’s try it: I AM That I AM (3 - 9 or 12 X)*

Whenever you say I AM it really means “God in me is.” So when we look at the Chart of the Presence that we saw the first week of our studies of the seven energy centers, and we see that the spiritual part of us is the I AM Presence, we know this name came from the Bible – it is the name of God in us.

Activity 5: Coloring sheet of throat chakra to color and mount on body outline

Activity 6: 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 #1 are quiz cards for the base-of-the-spine 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

#1

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

I do!

#1

Which energy center is
filled with the most power?

Throat energy center

#1

Which color is the throat
energy center?

Blue

#1

What are some positive
ways you can express the
power energy center?

Kind words, true words, helpful
words, I AM prayers

#1

Which energy center has
sixteen petals?

Throat

#1

How many petals does the
throat energy center have?

16 petals

#1

Which energy center
corresponds to the brass
section of the orchestra?

Throat energy center

#1

Which energy center focuses the God-quality of power?

Throat energy center

#1

What is the key quality of the throat energy center?

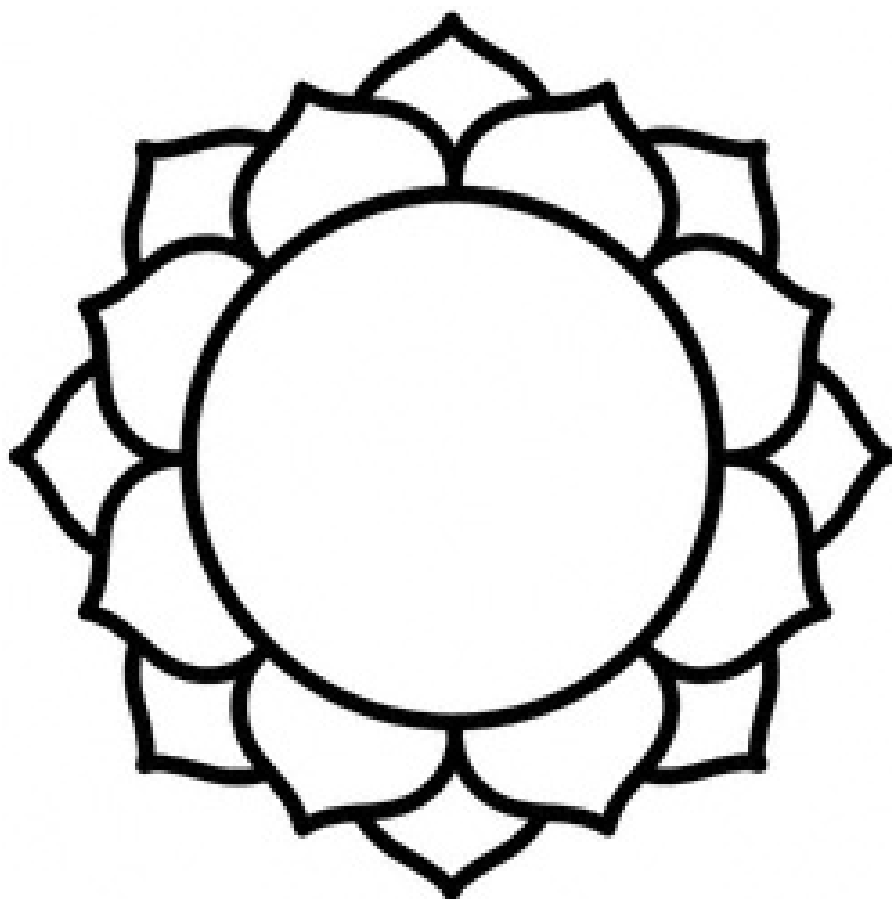
Power

#1

What are some tips for controlling your throat energy?

Think before you speak, be silent, speak truth.

#1



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