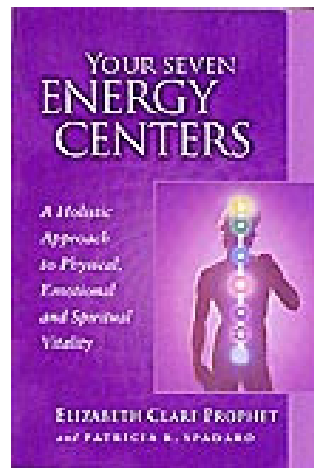


Book Study Group Children's Lessons
Based on
Your Seven Energy Centers

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.



**PARENT/TEACHER DIRECTIONS FOR
LESSONS FOR CHILDREN AGES 3 - 6 AND 6 - 10**

It is very exciting to embark on the spiritual path with your family. This series of lessons is designed to assist you in sharing with your children spiritual information about *Your Seven Energy Centers*. This information is both fascinating and important to children and their inner formation.

These lessons follow the content and sequence of *Your Seven Energy Centers* by Elizabeth Clare Prophet and Patricia R. Spadaro, and the Book Study Guides that accompany the book. However, you can also use these lessons independent of the Book Study.

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If you have more than one child, look for the similarities and differences in lessons for the same chapters but for different age groups, and you can determine what works for the members of your family. You can adjust the activities and content according to the interest, age and level of development of your children.

We hope you will feel free to follow the lesson guides verbatim if you wish, or teach the material in other ways that appeal to you. We suggest you take the role of sharing and discussing rather than lecturing.

Since children learn best by doing and participating, each lesson will include activities, songs and crafts. Look at each lesson several days in advance in order to give yourself time to assemble what you will need. Some projects may require supplies you will need to purchase. The coloring sheets and project instructions are either downloadable from our website or a link to the material is provided for your convenience.

Preparing the Environment for the Lessons

To keep it more interesting and lively for the children, you can create an environment specific to study each chakra in several ways. Begin the lesson when you and your child are rested and happy. Set aside a regular time each week or however often you wish to work on this project with your child. Regularity is important as there is an ongoing project throughout the sequence of lessons for this book.

Music

There are colors and musical instruments associated with each of the seven chakras. To help focus the energy of each specific chakra, you can wear something in the color of the chakra and play the music associated with each chakra. Your children can even dance to the music!



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<u>ENERGY CENTER</u>	<u>COLOR</u>	<u>INSTRUMENT</u>
Base of the Spine	White	Drums, Indian tabla
Seat of the Soul	Violet	Woodwinds
Solar Plexus	Purple and gold	Organ
Heart	Pink	Harp
Throat	Blue	Brasses
Third Eye	Green	Piano
Crown	Yellow	Strings

Project for Your Seven Energy Centers: The major ongoing project is a chart of the chakras as they appear in the human body. Each time you teach information about a new chakra your child will color that chakra and add it to his body outline. This is a fun project with children of almost any age and serves to integrate the information in each of the chapters.

We suggest you get a roll of butcher paper, large sheets of paper or even paper grocery bags that you can tape or glue together to the size of your child's body. Have your child lie down on the paper and trace the outline of his or her body. Have your child color in and decorate his body and facial features.



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Print out the black-line chakra image you will find in each lesson for the children to color, cut out and then mount on the outline you have traced.

Each lesson contains key ideas and new words. Your child will find the information more meaningful if you can point out real life experiences where it applies. In addition to the recommended activities, your children can write, draw and dramatize new ideas. See [Tips for Teaching](#) for more suggestions.

We hope you enjoy the process of sharing these activities with your children. Please feel free to write us online with your questions, comments and suggestions. We welcome your feedback!