

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?

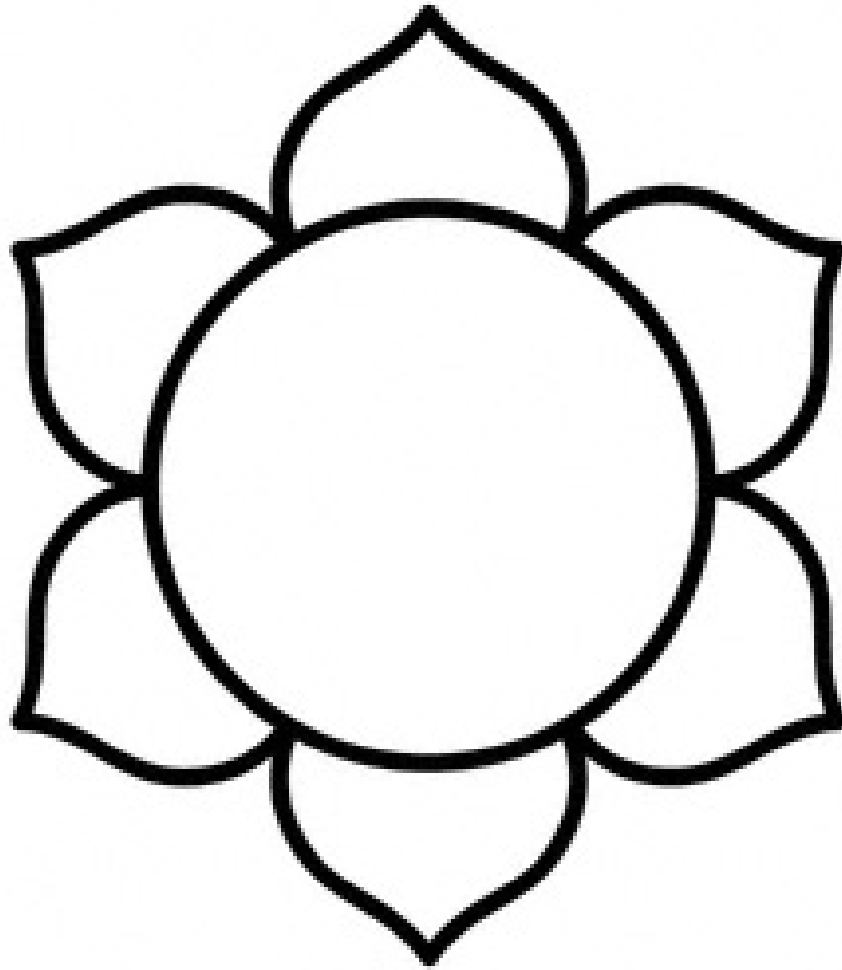
Freedom #2

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.